



HOPSports Merges Technology and Physical Education to Get Kids Moving! *Multimedia PE Training Tool Helps Increase Activity in Youth and Prevent Obesity*

Hasbrouck Heights, NJ – February 9, 2009. The childhood obesity epidemic has reached monumental proportions in the United States, putting obese children and adolescents at risk for health problems during their youth as well as into adulthood. According to the Institute of Medicine of the National Academies, “over the past three decades, the childhood obesity rate has more than *doubled* for preschool children aged 2-5 years and adolescents aged 12-19, and has more than *tripled* for children aged 6-11 years. The HOPSports™ Training System is committed to reversing the trend of childhood obesity by empowering teachers and engaging students with a modern approach to health and fitness.

HOPSports provides a multimedia system that merges physical education with technology to promote wellness, engage kids in physical activity, and teach them health lessons such as the importance of proper nutrition and the hazards of smoking. “We live in a world where technology provides so many opportunities in other areas. It’s about time physical education caught up,” remarked Cindy Sisson Hensley, President of HOPSports.

Engineered to include a computer, video projector, powerful speaker systems and other training tools, HOPSports is equipped with over 100 pre-loaded circuit and sports skills lessons. The system allows an entire classroom of students to explore physical activity and movement through programs such as hip hop dance, martial arts, yoga, pilates, and sports instruction from pro team athletes and mascots. Vibrant video presentations, pulsing music and exciting graphics engage students and motivate them to get active.

The HOPSports training system:

- Combines technology, training, entertainment and activity to improve student fitness levels while promoting a fun environment.
- Allows instructors to work with large and small groups, or individuals, while the class remains fully engaged.
- Complies with national and state physical education and health standards.
- Improves students’ health, builds their confidence, and inspires them to become active for life.
- Includes all the tools needed to get a whole class of students moving at one time.
- Offers full phone and on-line support for easy assistance with implementation.

HOPSports is currently available and is distributed by FlagHouse, Inc. To learn more about HOPSports visit www.HOPSports.com. For pricing, please call 800-793-7900 or visit www.Flaghouse.com.

HOPSports is a multi-media instructional tool for physical education teachers and fitness instructors, delivered through DVR technology. The multi-screen format provides fitness lesson plans that meet state and national standards while integrating nutrition, fun facts, anatomy instruction and educational messaging in a fun and exciting environment. HOPSports delivery mechanism is simple to use and is a great tool for K-12 physical educators and fitness instructors to teach along with HOPSports’ host of exciting trainers. HOPSports is currently installed in schools and youth community sites in 33 U.S. states. For more information, visit www.hopsports.com.

FlagHouse is a premier global supplier of resources for physical activity, recreation, education and special needs. Headquartered in Hasbrouck Heights, New Jersey, and with operations in the United States and Canada, FlagHouse has over 50 years experience responding to customer's changing needs. Their mission is to enhance the quality of life for people of all ages and abilities. FlagHouse markets its products through catalogs including [*Physical Education and Recreation™*](#), [*Going Strong™*](#), [*Flying Start™*](#) and [*Giant Leaps™*](#) and through their web site www.flaghouse.com. In addition to being the North American distributor for [**SNOEZELEN®**](#) multi-sensory environments, FlagHouse holds the publishing, marketing and distribution rights for [**CATCH®**](#) (Coordinated Approach to Child Health). FlagHouse serves both the public and private sectors through relationships with schools, parks, community centers, healthcare organizations, day treatment and residential care centers, military bases and individuals.

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