



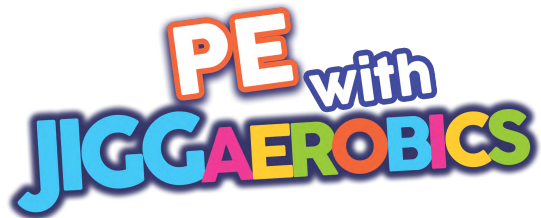
PHYSICAL EDUCATION PROGRAM FOR KIDS

# PE with

# JIGGAEROBICS

*As Seen On ABC's Shark Tank...*





# WILL ADDRESS CHILD WELLNESS...

American Academy of Pediatrics



According to the American Academy of Pediatrics (AAP), child COVID-19 infections in 2021 now make up 22.4% of the weekly U.S. total as opposed to last year's 3% total.



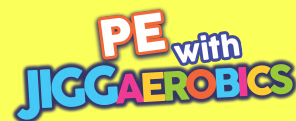
Thirty minutes to an hour of physical activity can work wonders for a child's health and boost the body's immune system cells that fight disease. Exercise causes antibodies and white blood cells to circulate more rapidly, so they could detect illnesses earlier than they might have before.



## WILL ADDRESS CHILD OBESITY..



According to the Centers for Disease Control (CDC), 18.8% of children ages 6 to 11 in the U.S. are now **OVERWEIGHT**, which is nearly triple the 6.5% average in 1980.



The best way to combat the growing epidemic of child obesity is through exercise. Exercise can reduce the effects of stress; while at the same time stimulating brain activity and increasing the ability to concentrate.



## WILL ADDRESS ANTI-BULLYING..



According to the National Center for Education Statistics (NCES), 1 out of every 5 students (20.2%) ages 12-18 report being bullied.

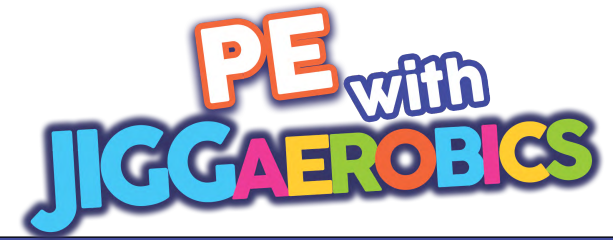


Educating elementary students (ages 5-10) about the prevention & effects of bullying, self confidence and self awareness can significantly decrease the probability of them becoming victims or perpetrators of bullying.



# WHAT IS PE With JiggAerobics?

PHYSICAL EDUCATION PROGRAM FOR KIDS AGES 2+



PE With JiggAerobics is a global youth initiative that fuses fitness, entertainment, culture and social emotional learning into an exhilarating dance-fitness sensations called "GetRight Sessions."



PE With JiggAerobics ingeniously combines "jigging," an energetic Louisiana dance style with numerous plyometric exercises.



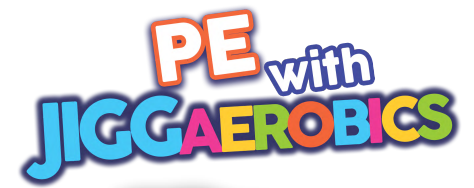
PE With JiggAerobics exercise classes are unrivaled "fitness parties" that blend modern upbeat world rhythms with easy-to-follow choreography, for a total body workout that feels like a celebration.



PE With JiggAerobics' underlying mission is to use our fitness sessions as a vehicle to spread "cheese," joy and happiness, to young people worldwide. Get ready to 'Get Lit While You Get Fit!' View our Sizzle Reel [HERE!](#)



# MEET OUR FOUNDER



LaDonte Lotts is an energetic entertainer, businessman, personal trainer, and motivational speaker, hailing from the great city of Houston, Texas. As a child, LaDonte was trained in all styles of dance, but had a particular passion for hip-hop. Always the entertainer, Mr. Lotts joined his high school step team, dance team, and the marching band.

In 2014, LaDonte became a trumpet player and part of the team responsible for the [choreography](#) of Southern University Human Jukebox Marching Band's halftime field shows and routines. Shortly thereafter, he organized an hour-long weekly fitness/dance class in Southern University's recreational facility. The program began to receive a lot of attention and requests from people outside of the Baton Rouge area, and that's when Mr. Lotts realized his passion to make cardio a fun and enjoyable experience for people of all ages, shapes, and sizes. In 2015, LaDonte 'Mr. GetRight' Lotts founded "JiggAerobics," a dance-based fitness program that fuses "jigging," an energetic Louisiana dance style with LaDonte's own personal dance moves and numerous plyometric exercises.

In 2017, [The Wall Street Journal](#) spotlighted LaDonte and JiggAerobics in an amazing article and in May 2020, ['Shark Tank,'](#) the ABC entrepreneurial investment bidding war, featured Lotts and his budding brand as well. LaDonte Lotts' biggest goal is to inspire people to achieve a better quality of life, take care of their bodies, and maintain a positive attitude. He personally uses his own body as a tool of expression, and JiggAerobics is his way of instilling that same positive energy into others. His life's mantra is "Keep Yo' Cheese Up," a phrase he uses which means "staying in your highest spirits at all times and through all adversity."



**LADONTE LOTTS**  
~ "Mr. GetRight" ~

# OUR **GETRIGHT** mission

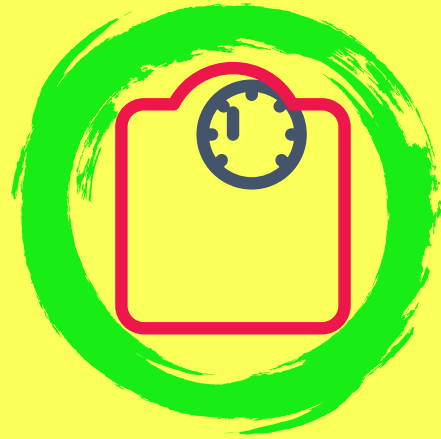


FOCUSES ON 3 KEY ACTION ITEMS



## ELEVATE YOUR BODY

- *Burning Fat & Calories*
- *Cardiovascular Enhancement*
- *Improving Dance Skills*
- *Improving Flexibility*
- *Plyometric Workout*



## EDUCATE YOUR MIND

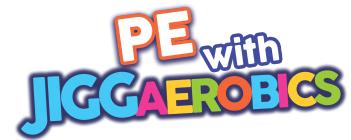
- *Pre & Post Workout Meditation Tips*
- *Pre & Post Workout Stretching Tips*
- *Pre & Post Workout Hygiene Tips*
- *Sharing Diet & Meal Options*
- *Viewing Fitness as FUN, not work*



## MOTIVATE YOUR SPIRIT

- *SEL CHEESE TALKS - including...*
- *Encouraging \*CHEESE (Smiles)*
- *Advocating Anti-Bullying*
- *Improving Self Awareness*
- *Improving Self Confidence*

# OUR GETRIGHT sessions



**\*\*Aerobic Exercise and HIIT Session ( STEPS 2 & 3 ) can be done together or separately on different days. The Discretion is up to each teacher. HAVE FUN & GET LIT WHILE YOU GET FIT!**



## Step 1. STRETCH / WARM-UP

Stretching extends the body to achieve a healthy range of flexibility, reduces muscle tension, enhances muscular coordination, and delays the onset of muscle fatigue. Now after a good warm-up and quality stretch, it's time to 'GetRight!'



## Step 2. HIIT SESSION

Our Follow Me Exercises help each student set the pace for their workout session by following along with our JiggAerobics Master Trainers as they move and groove to the hottest tunes.



## Step 3. AEROBIC-DANCE CARDIO

Aerobic exercise is any activity that increases breathing and heart rate. *PE With JiggAerobics* utilizes exhilarating dance cardio routines to provide each student with at least 30 minutes of aerobic activity during the school day.



## Step 4. COOL DOWN

*PE With JiggAerobics'* Cool Down sessions slow the body's level of physical activity gradually, from high intensity to low intensity, following the aerobic exercise. It also helps the heart rate and breathing return to normal, prepares muscles for the next activity, and helps prevent muscle cramps or spasms.



## Step 5. CHEESE TALK

When it comes to reaching any goals and getting results in life, teenagers need to be motivated, inspired and encouraged to achieve the best results possible. These motivational topics are designed to complete The Ultimate Mental & Physical Workout.





# SAMPLE GETRIGHT calendar



## SAMPLE SCHEDULE

This is Just a Suggested Schedule For Teachers & Students To Follow. Feel Free To Customize Your Own!

**LET'S GETRIGHT!**



### WEEK 1 Session 1 Videos

<b>Mon.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Tue.</b> - Stretch - HIIT Session - Cool Down	<b>Wed.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Thu.</b> - Stretch - HIIT Session - Cool Down	<b>Fri.</b> - Stretch - Dance Cardio Performance - Cool Down - CHEESE TALK
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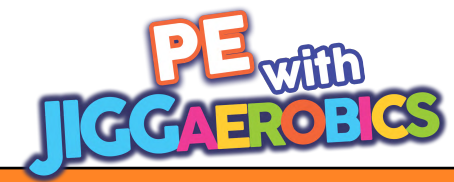
### WEEK 2 Session 2 Videos

<b>Mon.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Tue.</b> - Stretch - HIIT Session - Cool Down	<b>Wed.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Thu.</b> - Stretch - HIIT Session - Cool Down	<b>Fri.</b> - Stretch - Dance Cardio Performance - Cool Down - CHEESE TALK
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### WEEK 3 Session 3 Videos

<b>Mon.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Tue.</b> - Stretch - HIIT Session - Cool Down	<b>Wed.</b> - Stretch - Dance Cardio Tutorial - Cool Down	<b>Thu.</b> - Stretch - HIIT Session - Cool Down	<b>Fri.</b> - Stretch - Dance Cardio Performance - Cool Down - CHEESE TALK
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# OUR CHEESE TALK lesson plan



WEEK 1	WEEK 2
<i>CHEESE (Joy &amp; Happiness)</i>	<i>Self Confidence</i>
QUESTION OR EXERCISE	QUESTION OR EXERCISE
<ol style="list-style-type: none"><li>1. Draw a perfect picture of what happiness looks like to you.</li><li>2. Name 3 things that make you happy.</li><li>3. How do you react when people smile at you?</li><li>4. What do you do that makes other people smile?</li></ol>	<ol style="list-style-type: none"><li>1. Are there times when you don't feel good about yourself?</li><li>2. How do you overcome that feeling?</li><li>3. What would you tell a friend who doesn't feel good about himself / herself?</li><li>4. Why is it important to love yourself?</li></ol>



*This Lesson Plan Works best when each topic is briefly defined and explained before your Group Discussion starts.*

# OUR JIGGAEROBICS e x p e r t s



"Keep Elevating Others While Elevating Yourself & Always Keep Yo CHEESE up."

"Spread love & CHEESE & God will Always make sure you're blessed and at peace."

"If you truly Believe in the CHEESE, your life will be a BREEZE!"

"Your smile symbolizes joy & self confidence. Spread positivity & encourage others to keep their CHEESE up!"

**LADONTE LOTTS**  
"MR. GETRIGHT"

**TAYLOR AKHARUME**  
"TAY CHEESY"

**XAVIER BARREDA**  
"X-SMILES"

**ANTHONY QUALLS**  
"COACH ANTHO"

**Age: 26**  
**Hometown: Houston, TX**  
**JiggAerobics Founder -**  
**Certified Fitness Instructor**

**Age: 23**  
**Hometown: Baton Rouge, LA**  
**JiggAerobics - Master Trainer**

**Age: 23**  
**Hometown: Houston, TX**  
**JiggAerobics - Master Trainer**

**Age: 26**  
**Hometown: Houston, TX**  
**JiggAerobics - Master Trainer**



# WATCH THE GETRIGHT experience





# MEDIA COVERAGE



THE WALL STREET JOURNAL



**Barbara Corcoran** @Barbar... · 19h  
I always say that high energy and great enthusiasm is the secret sauce to pitching your business and walking away with the money. Boy, does Ladonte have it! I can't wait to see where it takes him. [@jiggaerobics](#)

**Barbara Corcoran** @Barbar... · 19h  
What a happy and genuine guy! I've got all the faith that Ladonte can take [@jiggaerobics](#) to the next level.

**Barbara Corcoran** @Barbar... · 19h  
Quick! Choose your favorite [@jiggaerobics](#) instructor! 😂

Barbara  
Mark  
Daymond  
Kevin

220 votes · 4 hours 20 minutes left

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beyonce 8m

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## ISSA BOP

Ima need this playin in the club when I get to Houston

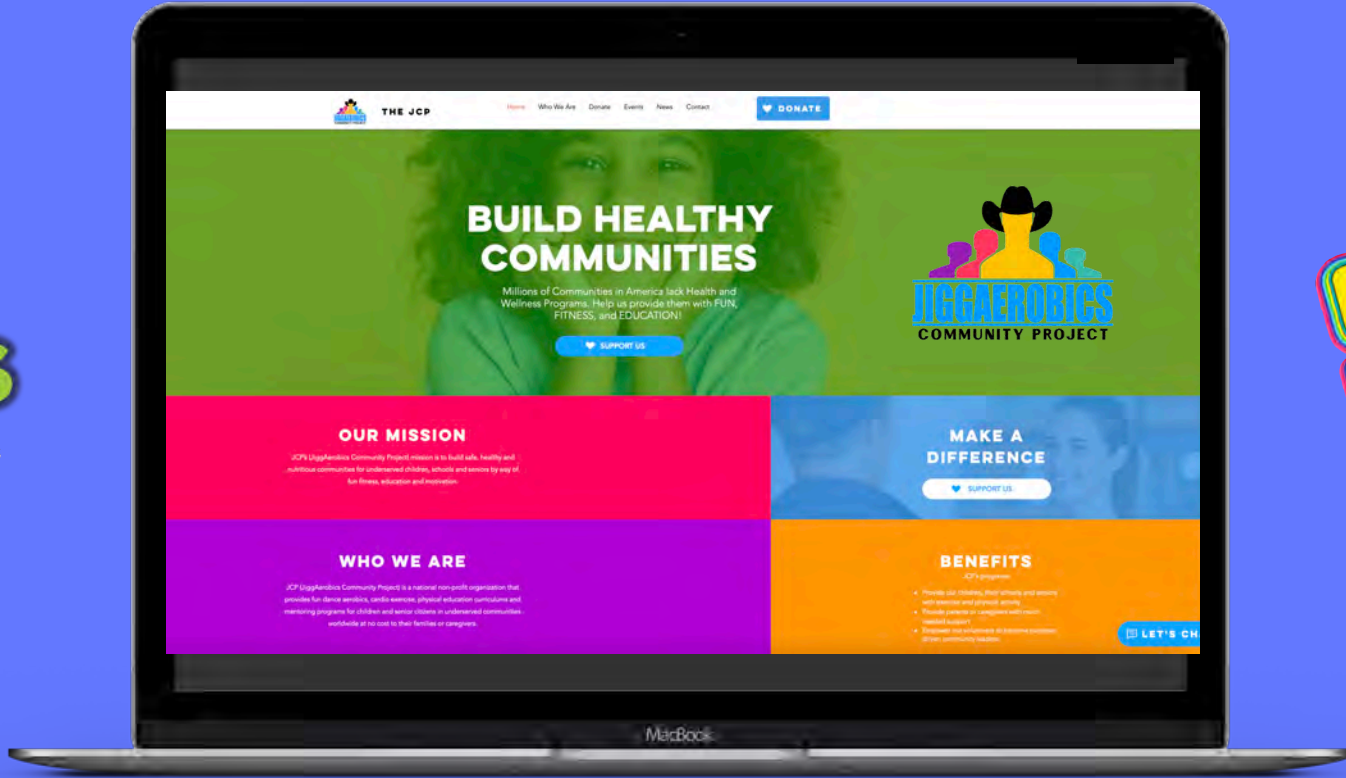


# SUPPORT US ONLINE

“ BE THE REASON SOMEONE SMILES ”



**PE with JIGGAEROBICS**  
PHYSICAL EDUCATION PROGRAM FOR KIDS



**Super Soul Session**



# CONTACT US



"GET LIT WHILE YOU GET FIT"



**FOR BOOKING**

Jack Newman

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[WWW.JIGGAEROBICSFITNESS.COM](http://WWW.JIGGAEROBICSFITNESS.COM)