




We are having a Skip2Bfit workshop in the school on Wednesday 16<sup>th</sup> July. Skip2Bfit uses counting skipping ropes to motivate everybody to exercise by challenging them to take the 2 minute [Skip2Bfit Challenge](#).

The Skip2Bfit ropes will be available to buy in the school after the workshop. The ropes are fully adjustable so they are suitable for adults and children and are £8 each or £9 each , depending on the rope and they both have a counter on them which counts the number of skips you do as you skip.

<p><b>Our New Professional Skip2Bfit Counting Skipping Rope</b> This rope is our latest model. It is made with stronger plastic and has an improved rope. It allows you to skip faster. This rope is priced at £9 in schools and £10+ £3.99 P + P on line.</p>	<p><b>Skip2bfit Counting Skipping rope</b> This rope is the rope we have been selling for the last fifteen years. This rope is priced at £8 in schools and £9 + £3.99. P + P on line.</p>	<p><b>New Skip2bfit Fit pack</b> This pack contains a professional rope, a Skip2bfit foldable water bottle, bag and 2 skip2bfit wrist bands. This pack is priced at £12 in schools and £13 + £3.99 P+P on line.</p>
		

The Skip2Bfit Web App is also available free of charge. It gives you a free 2 minute track, with motivating voice overs, which you can use to time your two minute skip. We are also developing a free HIIT Track which lasts for 8 minutes , where you skip for two minutes and rest for one minute and repeat this 3 times. Keep an eye on the web app for this update.

To access the web app please go to [app.skip2bfit.com](http://app.skip2bfit.com) on your phone or pc. This can be added to your home screen on your phone so it runs like a normal app.

Skip2Bfit helps to demonstrate that if you practice you can improve. It is a practical example of a Growth Mindset. It also has the added benefit of encouraging everybody to exercise.

Skip2bfit also gives out blueberries to everybody who takes part in the workshop. They have also left some blueberry bounce balls in the office if any of the children would like one for themselves. These are £7 each. are help the children to earn to throw and catch a ball.

All Prices are inclusive of VAT

