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SPRING FLING Showcases Tampa's Exploromania "Gymathtics"

Learning Workout, Saturday, March 28

Tampa, FL (March 16, 2009) – Amidst all the fun to be had at Spring Fling Saturday, March 28 at Hampton Lakes Plaza will be "Gymathtics" by Tampa's Exploromania that shows kids how to exercise their minds and their muscles while having fun.

Exploromania's Award-winning Exploracise Gymathtics DVD is among fun kids' activities such as a petting zoo, a fire truck, Easter egg hunts, and arts & crafts. Exploromania will be showing the DVD during the event from 11am -2pm. Spring Fling is being held at Main Street at Hampton Lakes Plaza, 12950 Race Track Rd. (corner of Race Track & Country Way).

Learning Express Toys in Westchase starting selling Exploromania's Gymathtics DVD in February and the response has been great so they are offering it at a special price as part of Spring Fling. It retails online for \$24.99 but Learning Express Toys of Tampa in Westchase is offering it \$19.99.

Gymathtics includes exercises duplicating circles, lines, and polygon stretches using arm and leg motions to teach children in an experiential video, replete with lively music and gentle guidance to get kids' hearts racing with aerobic routines. Scheiner stars in the video with her two children ages 5 and 9, and two Tampa teenagers. Segments, such as "Counting Calisthenics" and "Pattern Power" feature aerobic movements that challenge minds and muscles.

Scheiner uses multi-sensory learning techniques in her DVD, which are proven to improve retention and recall of concepts. Scientific research also shows that during exercise the brain increases the production of neural growth factors which improve learning. Exploracise Gymathtics combines multi-sense learning with the increase in neural growth factors produced during exercise to create the optimal environment and best techniques for children to learn math while getting healthful exercise.

The exercise workout is great for all ages; children as young as age 3 to as young-at-heart as age 73 have enjoyed the routine. The math facts target the second- to fifth-grade levels but can be understood by most ages through the visual, auditory, and kinesthetic learning techniques. Gymathtics is a new innovative tool for families, professionals, and instructors to help children "Get Fit! Get Smart! Have Fun!", which is an Exploromania slogan.

To view the Gymathtics routine go to WWW.EXPLORAMANIA.COM where the DVD can also be purchased. Established in 2008, Exploromania is the brainchild of Carrie Scheiner, a Tampa, FL-resident, who recognized the need for fun interactive educational experiences enriching the minds and bodies of children. Exploromania can be reached at 1-877-50-EXPLORAMANIA (1-877-503-9756) and info@exploromania.com. # # #