



HAPPY AMERICAN HEART MONTH FROM THE LEWIS CENTER FOR EDUCATIONAL RESEARCH!

America's children are becoming obese at record levels. But at the Lewis Center for Educational Research in Apple Valley, CA, we are working to help our students avoid this trend by teaching them the importance of getting vigorous exercise on a regular basis. We encourage our students to have fun while getting the exercise that will keep them fit, building the foundation for a lifetime of health. We also encourage all our friends to be active each day. Our kids love it, and we believe you will, too. Remember, a journey of a thousand miles begins with a single step. So do your heart a favor and begin your own personal journey to a healthier future today!