

May 08

AMANDA'S ACTION KIDS

0-5 ALIVE BRINGS FAMILIES TOGETHER THROUGH FITNESS AND FUN AT CHELSEA FC



London's premier children's entertainer and fitness guru, Amanda Frolich, is organising a dynamic family event at Stamford Bridge. Come and take time out of your busy lives; let off steam, relax and enjoy precious time together. Amanda promotes the importance of a healthy lifestyle and encourages families to get fit together using music, interactive games and fun exercise routines. In addition there are plenty of extra elements to make a special day out for the kids. There is also a chance for parents to relax and the whole family can enjoy some great, healthy food. A number of top family-friendly companies will be exhibiting their wares and handing out free samples.

0-5 Alive will feature Amanda's high energy interactive routines. Her unique props and funky music ensure everyone joins in.

The event will also feature a demonstration by 5-time British Aerobic Gymnastic Champion Katie Cannon.

To add to the fun, one of the worlds top balloon modellers will offer a choice of 140 models, there's a funky hairstylist and mini makeovers will be on offer for children and adults. There is also a family disco throughout the day.

When mums and dads need a breather they can unwind in exclusive chill-out room, while the little ones are entertained. Pampering on offer includes manicures, seated acupressure massage. For those who just can't bear to leave the laptop at home a quiet area with wi-fi access is available.

There will be a chance to try various brands of organic food for babies and toddlers and fill a goody bag from other leading family orientated companies.

A number of exhibitors will also be present to show their exclusive collections of clothing, gifts and jewellery for all the family.

It's all happening on 13th July between 11am and 2pm at Stamford Bridge, Fulham Road, London SW6 1HS.

Admission to the event includes a delicious healthy buffet lunch for grown-ups and young children, prices and details of how to book will be published on www.amandasactionkids.co.uk.

Amanda Frolich said: "I decided to create a unique party atmosphere of fun filled activities to help families reconnect and get re-energised. Too often, in my work, I see young families struggle with every day pressures of work and balancing family life, that's why I think it's important to take time out of our hectic lives and reconnect as a family. I've designed the events with something for all the family in mind. There are areas dedicated to relaxation to help parents unwind, action packed activities for little ones and sessions to encourage

families to exercise together for a fit and healthy lifestyle through simple dance routines. It's a great way for parents to de-stress and relax and re-energise and discover fun with their little-ones".

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For more information, please contact Amandas Action Kids on 07946707695, or email info@amandasactionkids.co.uk

Notes to editors:

Amanda and Amanda's Action Kids

- For more information about Amanda's Action Kids, please visit www.amandasactionkids.co.uk
- Amanda inspires pre-schoolers through a unique interactive toddler workout that incorporates both music and movement.
- Amanda is a well known and well loved face on the pre-schooler 'scene' in London as she has been teaching many local babies and toddlers for the past 17 years. **Sir Matthew Pinsent and Dee Pinsent** say of Amanda: *"She's got so much energy and she's so creative. I prefer this to other types of classes because usually the children don't get to move around a lot. Amanda's classes are 45 minutes of activity and when it is time to go home the children are completely worn out"*
- Amanda has been described by a leading parenting website as a 'Female Pied Piper' as she has such an amazing way of capturing children's attention.
- The government initiative Sure Start were so impressed with the educational value of Amanda sessions that a number of West London Sure Starts asked her to run sessions, special events and physical development training courses.
- Amanda children's parties are a speciality and she has entertained many children of celebrities from the music, film and TV industries, such as the **Beckhams, Catherine Tate, Sarah Beeny** and many more: Louise Isted (Victoria Beckham's sister, invited Amanda to host **the Beckhams' 2006 World Cup party** for a group of disabled children. Louise explains: *"The party was in my sister's garden at her home in Hertfordshire and she asked Amanda to entertain the children. It was a huge success so both myself and my family will continue to ask her to entertain in the future."* Louise has three young children – Liberty, eight, Tallulah, five, and two-year-old Finn – so, with all those birthday parties, she needs a children's entertainer she can rely on. I will definitely use her again – and so will many of the other parents who have seen her in action."
- Amanda runs training sessions for teachers and nurseries in many London boroughs including Ealing and Hillingdon and she works in partnership with many nurseries and groups offering fun and fitness sessions for children.
- Amanda says, "I have the best job in the world... through my classes, I get to see children learn, grow and develop and it is just so much fun and immensely rewarding. I can help them learn, achieve the **early learning goals** whilst all the time having fantastic fun."