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Children's HealthSM Brings GoNoodle to More than 1,400 Schools Across Texas

Children's Health expands throughout Texas with partnership with leading provider of online games and movement videos for kids

DALLAS (Jan. 13, 2016) – Children's HealthSM, the leading pediatric health care system in North Texas, has expanded the reach of its school-based health programs as far south as San Antonio and as far east as Tyler with an additional investment in GoNoodle. The sponsorship allows children in nearly 300 school districts, including more than 1,400 elementary schools across Texas, to move to better health and learning. GoNoodle's online movement videos get kids running, jumping, dancing, stretching, and practicing mindfulness through three- to five-minute moderate to vigorous physical activities that students perform next to their desks. Helping channel classroom energy, interactive physical movement is proven to improve student health, boost cognitive processing, focus and academic performance.

"As an established and trusted health care resource in North Texas with more than a century of history providing quality care, Children's Health is proud to bring the innovative online tool GoNoodle to new classrooms throughout Texas," said Danielle Wesley, senior director of school health programs. "We will even leverage our expertise in pediatric health care to create new content for GoNoodle to meet the unique needs of teachers and families."

Accessible online, GoNoodle's short movement videos incorporate kinesthetic and active learning principles to put kids in a ready-to-learn state of mind. Already sponsoring GoNoodle in the Allen, Dallas, Frisco, McKinney and Plano independent school districts, Children's Health brings the program at no cost to the school or student as they sharpen their minds and grow. GoNoodle activities range from high-energy to calming movements that help teachers channel student energy for good while incorporating math, spelling and vocabulary. Activities can be used throughout the school day and personalized by teachers to meet specific educational objectives that align learning and health.

Through the Children's Health partnership in Texas, GoNoodle is now accessible to:

- 758,000 students
- 1,481 schools
- 297 school districts

"As we strive to help teachers, schools and parents raise healthy children, we are excited to bring GoNoodle to more students than ever before through our partnership with Children's Health," said Scott McQuigg, co-founder and CEO of GoNoodle. "Children's Health will help expand our offerings at the intersection of education technology, wellness and digital media, ultimately improving health outcomes for children throughout Texas."

To use GoNoodle, teachers need to have a computer with an Internet connection and a shared screen

such as a projector or interactive white board. Texas teachers in the sponsored areas have access to over 120 online movement videos, including exclusive GoNoodle PLUS videos that bring movement and core-subjects together to develop fluency in grade-specific math and English language arts topics. To learn more about school-based initiatives at Children's Health, including the system's partnership with GoNoodle, please visit www.childrens.com/gonoodle.

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About Children's HealthSM

Children's HealthSM is the seventh-largest pediatric health care provider in the nation and the leading pediatric health care system in North Texas, providing a full spectrum of health care services—from daily wellness and primary care to specialty visits and critical care. Holding eight disease-specific care certifications from The Joint Commission, Children's Health has been consistently named one of the nation's top pediatric providers by *U.S. News & World Report*. The Children's Health system includes the flagship hospital Children's Medical Center Dallas, as well as Children's Medical Center Plano, eight specialty centers, 20 Children's Health Pediatric Group primary care practices, nine Our Children's House rehabilitation facilities, home health, physician services and the Children's Medical Center Research Institute at UT Southwestern. For more information, please visit www.childrens.com.

About GoNoodle

GoNoodle gets kids moving to be their smartest, strongest, bravest, silliest, bestest selves. Short, interactive movement videos make it awesomely simple and fun to incorporate movement into every part of the day with dancing, stretching, running and even mindfulness activities. At school, teachers use GoNoodle to keep students energized, engaged, and active inside the classroom. At home, GoNoodle turns screen time into active time, so families can have fun and get moving together. Currently, 10 million kids play GoNoodle each month. GoNoodle launched in 2013 and recently released an app for Apple TV. Learn more at www.gonoodle.com