

Engaging literacy & math practice your PreK-3rd teachers can use throughout the school day.

99%

of members say it helps
students release extra energy

96%

would recommend it to a
colleague

90%

of members use F&F+
multiple times a week

50,000+

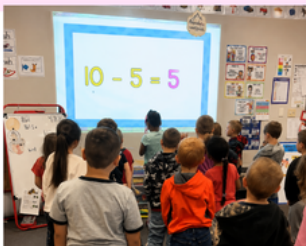
five-star reviews
from real teachers

WHAT IS FLUENCY & FITNESS+?

Fluency & Fitness+ is an all-in-one digital subscription that gives your PreK-3rd grade teachers instant access to thousands of ready-to-use literacy and math activities - built to be used during whole group instruction, small groups, centers, brain breaks, transitions, and inside recess. No prep. No training needed. Teachers are up and running the same day.

4 TOOLS. 1 SUBSCRIPTION. EVERYTHING YOUR TEACHERS NEED.

FLUENCY & FITNESS[®]



Answer a question, then get moving with fun exercise breaks.

MOVE + LEARN

FLUENCY FIND IT[®]



Search and find games that keep everyone involved. Play independently or as a team.

SEARCH + FIND

DIGITAL TASK CARDS



Self-checking practice for independent work, centers & more.

ANSWER + SELF-CHECK

PHYSICAL PHONICS



Multisensory phonics videos that connect sounds, skills, and movement.

WATCH + MOVE

WHY SCHOOL LEADERS CHOOSE FLUENCY & FITNESS+

Supports phonics & math skills practice

Works with any curriculum as a supplement — no conflicts with adopted materials. Provides consistent review across classrooms.

Built by teachers, for teachers

Created by Brittany Lynch, an 8-year primary grade educator with a Master's in Early Childhood Education.

No tech barriers

Works on any device, any browser. No app downloads, no student accounts needed.

Proven engagement

Increases on-task behavior during instruction. Even the shyest students beg to participate.

SIMPLE, TRANSPARENT SCHOOL PRICING

1-4 Teachers

\$139

per license / year

5-19 Teachers

\$129

per license / year

20+ Teachers

\$119

per license / year

Purchase orders accepted. W-9 and Order Form available at fluencyandfitness.com/funding. Accounts activated same day PO is received.

Ready to bring Fluency & Fitness+ to your school?

hello@fluencyandfitness.com • www.fluencyandfitness.com