Hello Parents of Little Lambs!

I am writing to introduce myself and provide some information about our upcoming physical activity program at Little Lambs Early Learning Center! My name is Anita Grenier, and I am an exercise scientist and current doctoral student at the University of Vermont. I am excited to start a physical activity program at both Little Lambs and Little Lambs Academy in the two-year-old, three-year-old, and four- year-old classrooms on a weekly basis!

My background is exercise science and health promotion with a focus in early childhood. After earning my Bachelors in Exercise Science at Sacred Heart University, I moved to Vermont to pursue a Master’s degree in Physical Activity and Wellness Science. Upon graduating, I decided to continue my education and enrolled in the Interprofessional Health Science Ph.D. program at UVM the following semester. During this time, my research has involved bringing physical activity programs into preschools within the community, as well as physical activity assessments. Over the last three years in my doctoral program, I was a part of *Kiddie CATs on the Move*, a physical activity program designed for use in preschool children ages 3-5. With my extensive experience promoting physical activity in preschool classrooms, I decided to begin my own program here at Little Lambs!

My goal is to not only increase physical activity during the school day, but to help develop gross motor skills (which are particularly important at this age), create positive activity experiences to increase enjoyment of physical activity, and teach the importance of lifelong physical activity! Please feel free to contact me if you have any questions, comments, or concerns regarding your child’s physical activity or the program at Little Lambs.

Thank you!

Anita Grenier, M.S.

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