

Looking to improve your student's grades? Let them have gym class

Beach Cowboy Fitness offers inclusive gym classes for homeschooled, challenged and neurodivergent children at their Mount Pleasant location on Queensborough Boulevard. Owners Cynthia and Cameron Lett, a mother/son duo, started Beach Cowboy Fitness to improve a societal issue: the degradation of communication and interpersonal skills in today's youth. "We're trying to turn that around through fitness and fun," says Cynthia.

22% of schools have no P.E. program at all and only 4% of elementary schools have daily gym classes, [according to social scientist Claire Nader](#). Meanwhile physical education is the only subject known to improve physical, mental and emotional health as well as executive function. [Students who participate](#) in gym class are more likely to see improvement in math and reading, thanks to a higher level of effective executive function.

Despite the proven, important role exercise plays in cognitive development and social skills, as schools tighten their budgets gym classes are one of the first things to be cut

This is precisely what Cynthia and Cameron hope to counter. Their fitness classes teach children the fundamentals of exercising, including how to warm up and cool down, but their larger focus is creating a sense of comradery. Students participate in a combination of games that are competitive, with an urgency to work together in teams to achieve a common goal.

All the games and classes at Beach Cowboy Fitness are inclusive and adaptive to students with physical or intellectual challenges. "We make adjustments so everyone can participate, and they don't feel left out or unable to achieve," says Cynthia. They also encourage children of all levels and abilities to work together. "Neurotypical students are going to learn how to work with students who have challenges – they'll learn empathy, accommodation, and practice kindness. They're all going to have the same competitive opportunities."

Gym classes at Beach Cowboy Fitness focus on winning and losing graciously. Negativity, name calling and bullying are not tolerated.

Instead, students will learn how to celebrate the opposing team's wins and encourage them after their losses. The goal? For students to understand that just because their team lost, doesn't mean they're losers - it just means that today the other team was a little faster, and tomorrow they'll have to work harder. "We think it's important that reality

is very much a part of the curriculum,” says Cynthia. It’s a character and skill building reality that will aid them later in life as adults.

Beach Cowboy Fitness offers three programs: Gym class for homeschool students K – 5, inclusive exercise classes & personal training for special needs students ages 8 and up, and traveling gym classes for local private schools.

They follow the South Carolina Department of Physical Education Program, so students can earn academic credit after completing two semesters, with a minimum of two classes per week for 18 weeks in a semester. Programs for homeschooled children can be purchased by the semester. Each class is based on the grades the children are in, with forms and assessments completed by their coaches after each class. Financing options are available for semester purchases.

All classes are limited to ten children with [two certified coaches](#): Cameron Lett and Eliza Athans. During special needs classes, family members and friends of the student are welcome to purchase a membership and participate with them.

Beach Cowboy Fitness was founded with one goal in mind: provide every student with the opportunities that will give them a healthy start in life, teaching them the principles of health and fitness to combat chronic disease and improve academic performance.

Beach Cowboy Fitness can be reached at (843) 438 - 4833 and is open Monday – Friday, from 9am to 5pm, and Saturdays from 9am to 11am. They are located at 1200 Queensborough Blvd, Suite B, in Mount Pleasant, SC. To learn more, visit their website at beachcowboyfitness.com.