

### SHAPING UP, KEEPING FIT: NEW REHABILITATIVE CHILDREN'S GYM

Exercise is vital to everyone's health - and even more so for kids with developmental delays. But they also need extra motivation to get them to stick to an exercise schedule. For Bnei Brak children, Aleh's new gym is offering them state-of-art bikes and machines along with that motivation and excitement. This past September, Aleh opened a state-of-the-art Rehabilitative exercise gym in Bnei Brak for community children with special needs. Equipped with modern excursive bikes and machines designed for children, treadmills, cross trainer steppers, and special accessories, the gym is a wonderful, motivating environment for children in need of rehabilitative exercise.

The gym works with children with coordination and balance difficulties, orthopaedic problems, neurological disabilities, ADHD, organizational difficulties, obesity and negative self-image issues.

Unlike other gyms, where people work individually, this gym encourages working out together. Although each child has a personal, individually tailored exercise plan, group activity and work in stations is encouraged



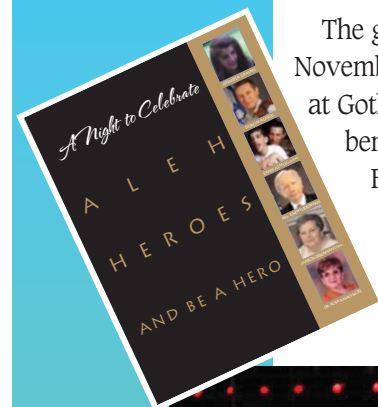
to raise the level of fun and mutual support and encouragement. the group alternate between working and with machines and equipment and participate in group exercises.

The gym groups mix ages and level of function while maintaining an atmosphere where that is respectful of the cultural and religious sensitivities of the community.

For Aleh the biggest sign of the gym's success of the children's success is the frequency of the children's return. As their stamina is strengthened, they are empowered both physically and emotionally to develop as full-fledged members of their community. ❖



### ALEH GOTHAM GALA EVENT PHOTO GALLERY!



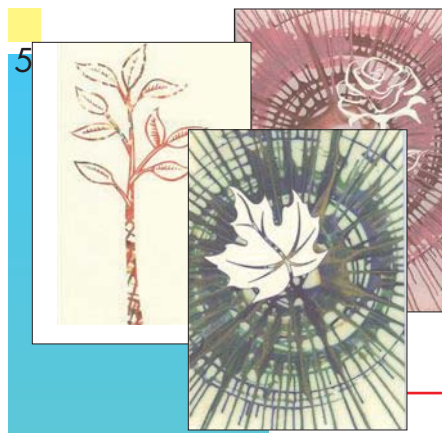
The gala, held on November 15th, 2007 at Gotham Hall, NYC, benefitted Aleh's Rehabilitative Village in the Negev.



more photos p.5

### GREETINGS FROM ALEH – NEW CARDS IN STOCK!

View Aleh's brand new line of greeting cards, suitable for any occasion or to mark any of life's milestones. A range of evocative nature prints symbolize growth - how appropriate that they were created by the children at Aleh, who suffer from severe developmental handicaps but preserve nevertheless. Use them for birthdays, anniversaries, or just to let a loved one know you're thinking of them. Other customized cards include unique designs and blessings recited at a brit, Shabbat candlelighting, a parent's prayer, and Grace After Meals. A perfect souvenir to distribute at your special occasion! ❖



### GOTHAM GALA PHOTO GALLERY, continued

