

GiGi's Playhouse  
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FACT SHEET

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## **GIGIFIT BUILDS STRENGTH, CONFIDENCE, AND WELLNESS FOR INDIVIDUALS WITH DOWN SYNDROME**

### **What is GiGiFIT?**

- A signature fitness program created for children, teens, and [adults with Down syndrome](#)
- Designed in collaboration with physical therapists who specialize in Down syndrome
- Offered free of charge in 15-week sessions three times a year: spring, summer and fall

### **The Importance of GiGiFIT**

- Addresses common health concerns for individuals with Down syndrome including [hypotonia](#), excessive [joint laxity](#) and decreased balance
- Safe, effective and progressive: each program builds on participant success

### **Program Features and Impacts**

- Age-specific classes: GiGiFIT Infants, Preschoolers, Kids, Teen and Adult
- Curriculum focuses on strength, endurance, power, joint stability, movement control, balance and coordination
- Contributes to long-term health outcomes and reduces preventable risks
- Extends into the community through the [GiGiFIT Acceptance Challenge](#), a national event promoting inclusion, fitness, and awareness

### **How to Get Started**

- Apply to a GiGiFIT program [in person or virtually](#).
- Participants and families receive [fitness trackers](#) to support their health journeys.

For more information, visit [GiGiFIT](#), call 919-307-3952 or email [raleigh@gigisplayhouse.org](mailto:raleigh@gigisplayhouse.org).