



## Frequently Asked Questions

### **What is Recess & Results?**

A business for believers, RR offers a unique opportunity for Christians to earn an income exercising their passions for faith, family, and fitness by launching a kids fitness business in their hometown. Recess & Results provides the training and business coaching necessary to guarantee owners success as we work together to “save the world, one recess at a time”.

### **What is Rejoice at Recess?**

The only faith-based fitness program for kids! Recess & Results owners and instructors have the ability to teach faith-based kids fitness using our Rejoice at Recess curriculum. Rejoice builds Godly confidence, Godly character, and Godly friendship through biblical teachings and contemporary Christian worship music utilized throughout the entertaining exercise class.

### **How long does it take to become a certified instructor?**

Our virtual certification is self-paced, allowing our owners flexibility to study on their own schedules. We provide a 30-day plan that allows for owners to become certified and launch their businesses + earn money quickly!

### **What qualifications are required to become an owner / instructor?**

Recess & Results is an exclusive opportunity and is not for everyone. We only accept those who are committed to health + fitness and who are serious about making an impact in the lives of youth. To be eligible you must hold a current fitness certification, a degree in exercise science, physical education, early childhood development or a related field, and / or have a resume that outlines 3+ years' experience in either area. All owners are required to maintain CPR certification, consent to background checks, and obtain their own kids fitness instructor insurance.

### **Are there “live” workshops I can attend?**

Yes! Live workshops are available (but not mandatory). Check out <https://recessandresults.com/upcoming-events/> While waiting for a live workshop date, we encourage you to begin studying via our virtual certification! All certified instructors will have the ability to attend upcoming live workshops at a discounted rate.

### **How do I make money as an owner?**

As an RR owner, you build your own schedule and set your own fees! RR provides recommended guidelines + personal business coaching sessions to help you understand the best rate for your location and finalize partnership agreements. Your

partners pay you directly for the classes you teach, and you keep 100% of the money you earn.

### **How much money do I make as an owner?**

The sky is the limit! You control how much you make by controlling your schedule! During your initial business coaching call we will work with you to develop a business plan that will allow you to meet your financial needs and help to outline the action steps needed for you to make it happen. We are with you every step of the way! \*\*On average our owners / instructors earn about \$30 - \$50 / class. However, this can significantly increase based on the types of partnerships you build with your business.

### **Do I have to find places to teach on my own?**

You are in business for yourself, but not by yourself! We offer business coaching to help give you the assistance and confidence needed to secure partnerships in your community. Regional Recess Directors are available in certain areas, and work to offer pre-set classes and teaching schedule to instructors in their area.

### **What is the cost for a child to attend a Recess & Results class?**

You set the fees as you see appropriate for your business. We provide recommended guidelines that vary based on location and class packages, but our recommended fee structure ranges from \$6-\$10 / child / class.

### **Where are Recess & Results classes held?**

Schools, preschools, daycares, local parks, fitness facilities, yoga studios, churches, community recreation centers, backyards, neighborhood clubhouses... the possibilities are nearly endless! All you need for RR class is a wide-open space and your equipment bag! Part of your business coaching helps you to identify target locations + partnerships in your community, and works to help make sure you are prepared with all the resources needed to get your business started.

### **What makes Recess & Results different?**

RR is play-based fitness. We provide AGE-APPROPRIATE, entertaining exercise for kids (and families), and a worshipping workplace for our owners / instructors. We are the only Christian business opportunity focused on kids fitness, with a low initial investment for Christians looking to make a difference. Further, our Rejoice at Recess program is the ONLY faith-based fitness program for kids. We truly are "saving the world, one recess at a time".

### **Is Recess & Results a franchise?**

No. We are not a franchise but rather a family owned + operated small business. We grant the rights for our owners to use our name, trademark, and copyright to launch their own Recess business in their hometowns.

### **Where does Recess & Results currently operate?**

Co-Founder Beth Vazquez operates RR from her home office in Miami, FL. We have active owners in New Mexico, Texas, IL, IN, FL, SD, SC, AZ, WA, and Washington DC metro... and growing every day!

### **Once I become an owner, can I teach all Recess & Results programs?**

Your initial RR certification allows you to teach Recess & Results, Rejoice at Recess, and allows you to lead Birthday parties using the same class format. Mom-Me and all

other upcoming programs require additional training which RR will offer at a discounted rate to current RR owners.

### **What are the start-up costs and what does it include?**

Start-up costs include:

- Recess & Results Youth Movement Instructor Certification (allows you to teach all ages of Recess & Results and Rejoice at Recess programs, + birthday parties)
- Mom-Me and Family Wellness Coaching certification + training at no additional cost *\*\*for owners who qualify\*\**
- Recess & Results t-shirt
- Recess & Results webpage personalized for your business (to include your class schedule)
- 1-1 business coaching with RR co-founder, Beth Vazquez

### **What is the VIP and why do I need it as an Owner?**

The VIP (Virtual Instructor Portal) houses everything you need to run a successful RR business. This is the “hub” where you will find all program outlines, business building resources, marketing materials, access to consistently update your personal webpage, and “extras” you need to add value to your program as you build! For more details visit <http://recessandresults.com/v-i-p/>