

Mr. Donovan's Special Gift

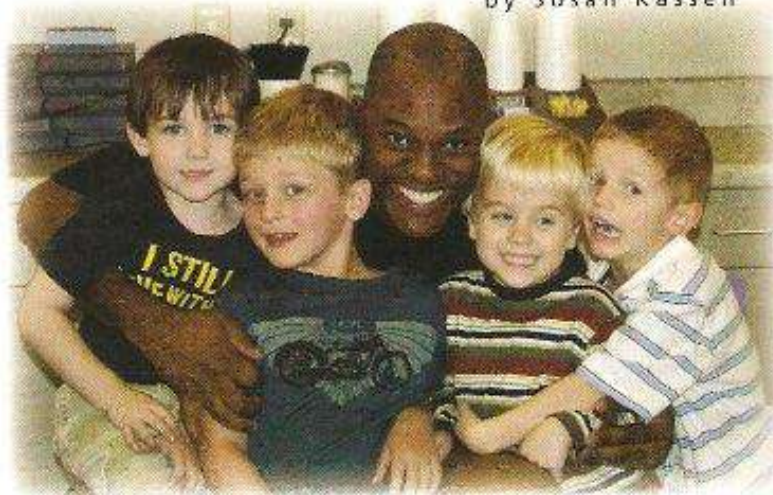
New Year, New You...for kids

We all make our New Year's Resolutions to get fit and stay healthy, with a lot of the motivation stemming from wanting that fabulous physique rather than overall wellness. So when we think about our new fitness regimen, do we think about how our kids can benefit from a similar plan?

Richardson resident Donovan Davis has thought a lot about it—so much so that he started a new business. Mr. Donovan's Mobile Athletic Concepts for Kids has a unique approach to helping kids stay fit and maintain a healthy lifestyle.

Head and shoulders, knees and toes...kids' calisthenics

This new concept focuses on incorporating basic skills from a variety of different sports along with cardiovascular movement to attain self-confidence and fitness within each child. Mr. Donovan uses fun activities to help gain the physical coordination and motor development needed to conquer the basic skills of all types of sports, ranging from basketball and hockey all the way to volleyball. Each program is designed to promote self-esteem, confidence, social skills, strength, agility and much more.



Mr. Donovan poses with some of his happy customers.

A special place in his heart

Any parent who has seen Mr. Donovan in action can tell you that he definitely has a gift for bringing out the best in every child, especially those with special needs. When you have a child who has sensory issues, attention problems and/or other special needs, playing sports is not as easy as throwing on a jersey and joining the team on the field. Focus, gross motor planning and developmental skills play a big role in children's activities and do not come easy to all. A few sessions with Mr. Donovan can help children learn the skills they need to play a sport or simply enhance their level of fitness. Through his unique mixture of patience, enthusiasm, understanding and genuine love, he takes these children to a new level of wellness. Parents have seen developmental milestones mastered, goals achieved, behavior improved and, most importantly, self-esteem heightened in their children.

His unique knack for understanding children has earned him the nickname "the child whisperer." To see him in action is a lesson for all parents and coaches. He truly has enhanced our community with his special skills. Whether children want to just learn the basic skills of a game or take it to a whole new level, Mr. Donovan knows how to get these kids in the game. For more information, visit www.mrdonovan.com, call 214.208.2134



At play at First United Methodist Church Richardson.