

EXERCISE WITH FRIENDS

FREE MOBILE FITNESS APPLICATIONS

GET FIT WITH YOUR KIDS!

Sesame Street: Grover's Workout Video



YouTube search terms:
Grover's workout video

Exercise with Daniel Cook



YouTube search terms: exercise Daniel Cook

Get Fit Anywhere You Go!

iPhone and Android:

- FitQuest Lite
- Munch 5-A-Day

iPhone:

- iTrampoline
- MotionMaze
- Pop & Dodge
- Monumental

Android:

- Kids Fitness Workouts



Get Fit in the comfort of your own home with youtube.com workout videos. Just type in the YouTube search terms and press play!

FUN WITH EXERCISE

WARM-UP

DANCE

Fit Factor
Pretend to be Different Animals
with Lizzy!



YouTube search terms: fit factor kids

Jazz Ballet Basics



YouTube search terms: jazz ballet basics

Learn New Dance Moves with
Benjamin Allen



YouTube search terms:
kids dance Benjamin Allen

Get Active Series



YouTube search terms: get active series

A Cosmic Kids Yoga Adventure



YouTube search terms:
a cosmic kids yoga adventure

Dance like Michael Jackson



YouTube search terms:
how to do a Michael Jackson dance