

## 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

### Nickelodeon Dance Wii Workouts



YouTube Search Terms:  
Nickelodeon Dance- Wii Workouts

### Busy Feet Warm Up song



YouTube Search Terms:  
Busy Feet 'It's Warm up Time'

### 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 Workout



Youtube search terms:  
Kids Dance- Workout- Lose Wight