**Keeping You and Your Kids Moving**

**Formulas Below**

**GET KIDS MOVING**



Train with your favorite superhero, a Jedi, or practice wizarding skills. <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ>

**Cosmic Kids Yoga** For kids aged 3+

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<https://www.youtube.com/user/CosmicKidsYoga>

**Darebee** work out

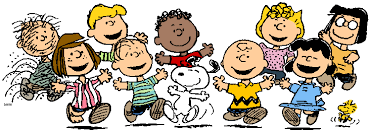
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Schedule, what exercise, how long, level? Specific body work out you want Choose. Make it your own. **(turn on some tunes, puts extra energy into your moves)**

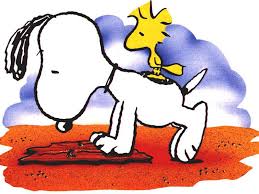
<https://darebee.com/>

Google, **YouTube Just Dance**

Pick one, two, three or all the many dances and show your mojo moves!

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**Sworkit Kids work out**

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<https://app.sworkit.com/collections/kids-workouts>

**Fitness Blender** Middle schooland older



Many options to choose from to customize your work out.

<https://www.fitnessblender.com/plans>