



Movement and Exercise

Fitness and Wellness Program

Fun exercise routines for kids and adults that incorporate positive messaging about health, wellness and nutrition.

AT HOME #1

<https://vimeo.com/400119305>

Includes Intro, Room To Move, Repeat After Me/Do After Me, Basic Arm/Leg Positions Movement Routines: Good Life, Boom Boom Pow, I Like to Move It, PB & Jelly Time (35:00 minutes)

AT HOME #2

<https://vimeo.com/400058025>

Movement Routines: NSEW (QFA), PB & Jelly Time, Who Let the Dogs Out, Cupid Shuffle (18:35 minutes)

AT HOME #3

<https://vimeo.com/400848469>

Movement Routines: Popcorn (QFA*), U Can't Touch This, Jack Attack, Good Life (17:48 minutes)

AT HOME #4

<https://vimeo.com/402388564>

Movement Routines: Set A Goal - One Step At a Time Warm-up, Waka Waka, I Like to Move It, Cupid Shuffle, Yoga/Focused Breathing Cool Down (26:09 minutes)

AT HOME #5

<https://vimeo.com/406426106>

Movement Routines: QFA/Sunburst, Just Say Yes, 5678, Who Let the Dogs Out, Agadoo (23:56 minutes)