EXERCISE VIDEOS FOR CHILDREN

Exercise is so vital for your child’s (and your) health. The CDC recommends 60 minutes of activity daily. Exercise keeps the body physically fit and it releases chemicals inside the body that helps you feel good. Get outside to walk, run, ride bicycles and if you cannot get outside, here are some indoor suggestions.

**ROMPER**

Here is a great resource that I wish I would have discovered first. A newsletter written 3/17/2020 especially for parents staying home and social distancing with their children. There are links to various YouTube videos for children of all ages.

<https://www.romper.com/p/10-online-exercise-yoga-kid-classes-to-make-up-for-pe-22627985>

BELOW ARE LINKS TO VIDEOS THAT I HAVE DISCOVERED. TRY A FEW. ENJOY

**Debbie Doos.**  A variety of short (3 minute) YouTube videos that PreK students can get up and move to.

<https://www.youtube.com/watch?v=agLbkgEQabs>

**Exercise with animals.** This free YouTube video is only 6 minutes long and simple for young children. Use it as a break as needed.

<https://www.youtube.com/watch?v=26guG6wr5so>

**Cosmic Yoga for Kids.** These kid friendly videos are available free on YouTube. You can select videos under 10 minutes, 10 minutes, 15 minutes or greater than 15 minutes. Below is a link to just one of the many that are available.

<https://www.youtube.com/watch?v=T_0P5grVoyg>

**Kids Workout 1 beginner**. By Moe Jones. Here’s one that you can do with your child. (15 minutes)

<https://www.youtube.com/watch?v=L_A_HjHZxfI>

**Kids Workout 2**. For kids, teens and adults. (26 minutes) Another Moe Jones video.

<https://www.youtube.com/watch?v=FrRDG4krjv8>

GOOD WORKOUTS & BREAKS FOR MIDDLE SCHOOL STUDENTS (AND THEIR PARENTS)

**Fresh Start Fitness** A variety of Free YouTube fitness videos for the middle school student and their parents from 2 minutes to 20 minutes in length. Remember to pace yourself. Don’t overdo it.

**Pump It Up** by Fresh Start Fitness (4:23) Is just one of the many videos offered.

<https://family.gonoodle.com/activities/pump-it-up>