Active Screen Time

Encourage your children to incorporate daily, quality physical movement and fitness into their day. Here are some active screen time suggestions that will get your kids moving to fun activities, dances, games and exercises. These fun activities can be enjoyed by the whole family!

Dance/Move/Relax
https://family.gonoodle.com/

Fresh start fitness energizers
https://www.youtube.com/watch?v=ALrdpsWYoJs

Popsugar Fitness Kids – Have a blast with this Family Fun Cardio Workout
https://www.youtube.com/watch?v=5if4cjO5nxo

Kids Circuit Workout (For parents too)
https://www.youtube.com/watch?v=_97QFX3w1E4

HIIT Workout with the kids at home
https://www.youtube.com/watch?v=XT8hRx64jDE

Fitness Blender Kids Workout – 25 minute fun workout for kids at home
https://www.youtube.com/watch?v=5if4cjO5nxo

Active Kids - Quick backyard work out for the whole family
https://www.activekids.com/parenting-and-family/articles/quick-backyard-workout-for-the-whole-family

Indoor recess dance party
https://www.youtube.com/watch?v=FHo9QaJ1Dyl

Les Mills – Born to Move – Dance , 6-7, 8-12, 13-16 Year olds
https://www.youtube.com/watch?v=9WgkiB-GQMI2 year olds

Kids exercises with Moe Jones
https://www.youtube.com/watch?v=GHCqRsrQwNU

34 minutes of KidzBop dance along videos
https://www.youtube.com/watch?v=sHd2s_saYsQ

200 plus activities you can do with kids at home
https://activeforlife.com/