

Shaun T's Fit Kids™ Club DVD

Fitness that's fun for kids!

Childhood obesity has become an epidemic. To help keep it from spreading even further, celebrity choreographer and fitness trainer Shaun T has created a program to help kids



ages 7 and up get off the couch, get on their feet, and, most importantly, have fun! Cool, modern dance moves and hot music mean these workouts feel less like exercise and more like a party. It doesn't matter what size or shape children are—or if they can't dance. Shaun T will have kids moving and keeping their bodies fit like never before!

THE BEACHBODY® DIFFERENCE

Shaun T has expertly devised a program with which kids will never get bored, because these workouts have all the things kids love: awesome music, energetic moves, and the coolest instructor who is with them every step of the way. There's never been a more fun way for kids to get fit.

DID YOU KNOW?

According to the U.S. Surgeon General, overweight adolescents have a **70%** chance of becoming overweight or obese adults. This increases to **80%** if one parent, or both, is overweight or obese. The most immediate consequence of being overweight, as perceived by children, is social discrimination.

KEY BENEFITS & USAGE

- **Two 25-minute workouts**, Groove It Out and Cool Moves, with tons of routines to keep kids hooked and **having fun**
- Healthy, **kid-friendly snack ideas**
- Guide to **learning to read nutrition labels**
- Shaun T's Fit Kids Club wall **poster to help keep track of workouts**

Simply pop in one of Shaun T's Fit Kids workouts every day and watch your kids reshape their bodies while learning to develop healthy habits for life.