



HOPE's Fitness Video Recommendations

It's important for children to have opportunities for active play. Children develop different skills when they play quietly and when they are active and moving around. It's great if you can find time for your child to play inside and outside. Children need time to be active and exercise just like adults do.

Exercise videos are a great way for children to be active inside!

Exercise Videos for Children Ages 2-6:

[Alphabet Exercise DVD](#)– This video combines physical activity and education into one fun exercise! It emphasizes the need for children to exercise both their minds and bodies. Physical activities in this fun and interactive video include creative movements like “picking cherries,” air guitar, and windmills.

[Sesame Street - Elmocize](#)– In this video, the Sesame Street Muppets teach children about the importance of exercise and physical fitness in a fun way that's sure to hold a child's attention. Songs include: Elmocize, Comin' Round the Bend, Twister Sisters, Workout in a Chair, Do the Bunny Hop, Elbows and Knees, and Jump. Cyndi Lauper makes a special guest appearance, as well. The video provides lots of fun physical activities that parents and kids can do together. It has all the ingredients to get kids moving!

[Sesame Street - Happy Healthy Monsters](#) - Grover, Cookie Monster, Elmo, and special guests Wyclef and India Arie all help children see the fun in leading a healthy lifestyle in this interactive and engaging video. Kids are encouraged to enjoy nutritious foods and have lots of fun while exercising. Parents and kids will find this video informative, humorous, and entertaining.<

[Tots Rock!](#)– This video encourages children to engage in age-appropriate exercises and helps them develop essential motor skills that they'll use for years to come!

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Exercise Videos for Children Ages 6 and up:

[Scott Cole's Get Fit America for Kids!](#) (DVD) - This video introduces children to the benefits of Tai Chi, Yoga and cardio, conditioning, and flexibility exercises. It's a great variety of exercises that show kids many different ways of staying physically active.

[Everybody Dance](#) – This video will have your children up and dancing to classic songs such as Achy Breaky Heart, Hot, Hot, Hot, The Loco Motion, LaBamba, YMCA, Everybody Dance Now and More. The step-by-step demonstration makes learning these dances a snap! Plus, the fun songs are great for parents to dance too, also.

[Billy Blanks: Tae Bo Kicks](#) – This workout is intended to build strength and fitness through the use of martial arts and dance. Billy Blanks is great in encouraging and motivating children to develop healthy attitudes towards exercise and eating. Kids will really work up a sweat with these activities!

To read about additional fitness videos or to find out more about those listed above, try the following websites:

<http://www.fitnessbeginnings.com>
<http://www.jouejouekids.com/products.html>
<http://exerciseforkids.com>
<http://www.videofitness.com>
<http://www.activevideos.com>
<http://www.fitnessandkids.com>

Here are some links to websites that advertise interactive exercise video games for children:

<http://www.ddrgame.com>
<http://www.fitnessandkids.com/exercise-game-bikes.html>
<http://www.eyetoykinetic.com>

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**