

GET MOVING WITH FREE FITNESS APPS

SEVEN: HIIT 7 MINUTE WORKOUT

- **Skip Subscription:** Close the pop-up ("x" in corner) to use the app for free without creating a profile.
- **Customizable Workouts:** Perform quick bodyweight exercises, adjust workout length, and set scheduling reminders.
- **Unlockable Content:** Complete challenges to unlock different announcers for your sessions.

NIKE TRAINING CLUB

- **Customized Profile:** Create a personalized profile to track your fitness journey.
- **Diverse Workout Styles:** Access a variety of training options, including strength, plyometrics, HIIT, and circuit training.
- **Built-in Reminders:** Set custom reminders within the app to stay consistent with your workout schedule

FITON

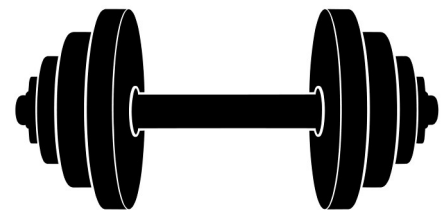
- **Free Profiles:** Create a free profile to access a large variety of exercises without needing to pay for an upgrade.
- **Goal Setting:** Set workout goals within the app to create reminders.
- **Diverse Styles:** Features a wide variety of workout styles, including strength, plyometrics, HIIT, and circuit training.

DAREBEE.COM

- Access over **1,000** different workouts.
- Instructions provided exclusively through **pictures**, no videos.
- Clearly outlines required **sets and reps** for each exercise.



Atrium Health
Levine Children's



GET MOVING WITH



YouTube Kids

GO NOODLE

- Boosts focus through quick, energizing movement breaks
- Makes exercise fun with music and dance
- Teaches mindfulness and positive self

DANNY GO!

- Combines learning and movement for active education
- Builds motor skills like balance and coordination
- Sparks creativity through themed adventures

KOO KOO DANCE-A-LONG

- Simple, fun dance moves for all ages
- Improves fitness and endurance through active play
- Great for a family activity

COSMIC KIDS YOGA

- Boosts flexibility and core strength
- Promotes mindfulness and stress relief
- Improves focus through storytelling yoga



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