WHAT IS IT?

Adventures to Fitness is the nation’s #1 educational fitness program for kids. Animated and live action episodes get them exercising, learning, and laughing! The program was developed with input from leading educational, medical, and parenting experts. Used and trusted by over 80,000 teachers.

Our cast of characters are high-energy, friendly, and light-hearted role models that embark on an adventurous journey around the globe.

WHAT MAKES IT SPECIAL?

- **Free**
- **Award-winning**
- **Adventure**
- **Educational**
- **30 minutes Fitness**
- **Benefits**
- **Fun**

Adventures to Fitness is provided 100% free to all US Public Schools. Register easily here: adventuroffitness.com/user-registration.

Recently awarded the Family Choice Award and the Parents’ Choice Award.

Episodes provide wildly thrilling journeys around the globe, taking kids to exotic destinations that spark a healthy sense of wonder and intrigue. Accompanying supplemental materials reinforce learning.

- Kids explore their world and learn lessons in math, science, social studies, language arts, health, and nutrition that track national common core standards.
- Every episode provides 30-minutes of moderate-to-vigorous exercise. Required for healthy growing bodies and minds!
- The program promotes cognitive development, improves behavior and focus, and teaches overall wellness.
- The program creates a game-like atmosphere that inspires kids to engage.

WHO LOVES ADVENTURE TO FITNESS?

- 7.5 MILLION CHILDREN
- 16 MILLION PARENTS & GUARDIANS
- 80,000 TEACHERS

Adventures to Fitness is now available at home via online streaming, Roku player, and on DVD! adventuroffitness.com