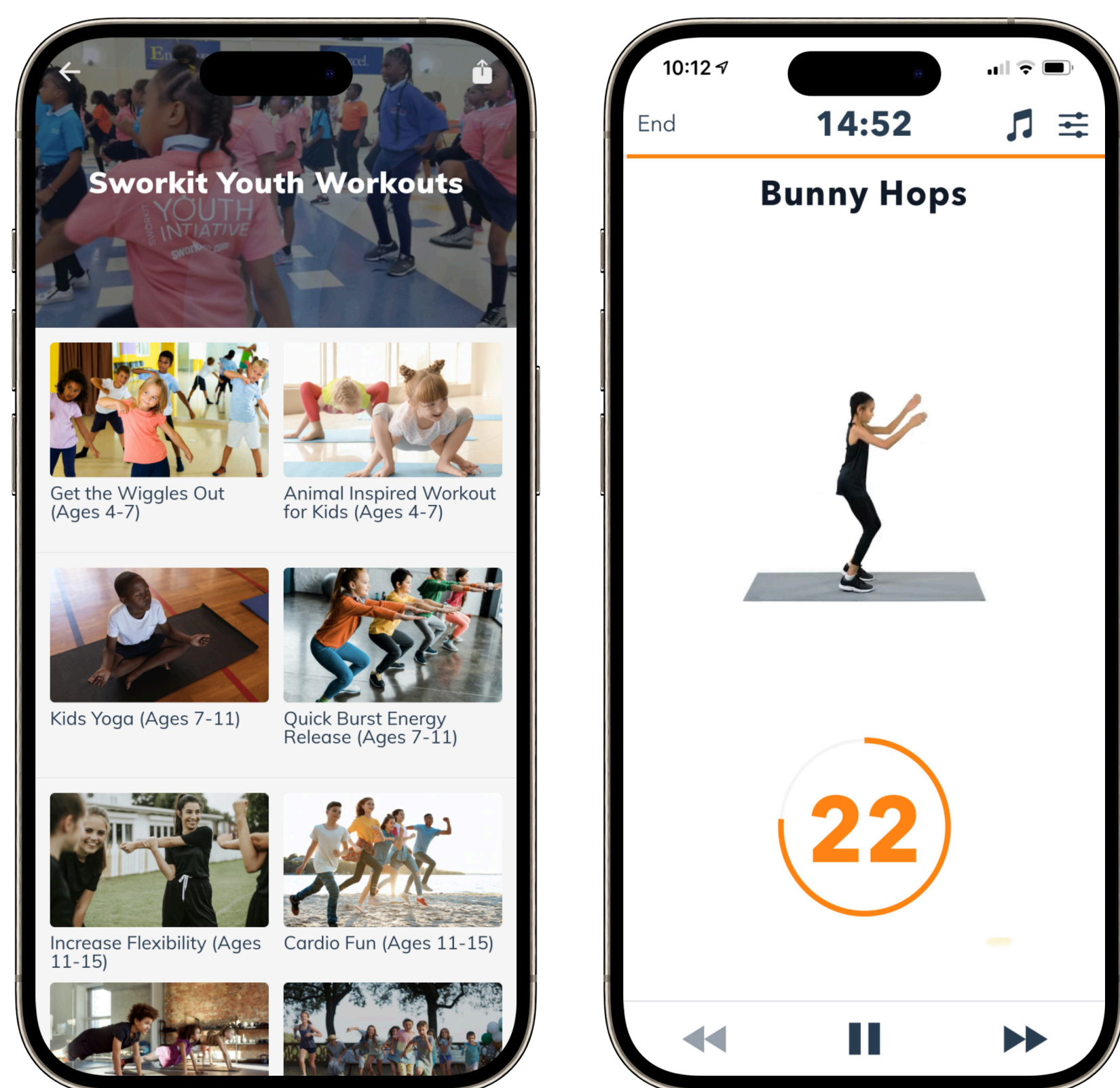


Energize Family Fitness Fun Together

Make fitness fun with Sworkit's Youth Workouts—family-friendly sessions designed to inspire kids to stay active, play, and build healthy habits for life.

Our energetic routines are led by kids, making exercise relatable and enjoyable for children of all ages. Whether it's a quick burst of energy or a longer family workout session, these kid-friendly exercises are perfect for engaging the whole family.



Build Confidence and Connection

Sworkit also offers mindfulness exercises, with meditations designed to help children improve focus, manage stress, and build emotional resilience. Incorporating both workouts and mindfulness into your child's routine can help boost their confidence, concentration, and overall well-being.

With fun and simple exercises, we make it easy to keep kids active, healthy, and engaged—all while spending quality time as a family.



Family Workout Highlights

- ✓ Get the Wiggles out (Age 4-7)
- ✓ Animal Inspired Workout (Age 4-7)
- ✓ Stand Up and Move (Age 7-11)
- ✓ Kids Yoga (Age 7-11)
- ✓ Full Body Strength (Age 11-15)
- ✓ Quick Agility Training (Age 11-15)
- ✓ Strength Endurance (Age 15-18)
- ✓ Conditioning Cardio (Age 15-18)
- ✓ Flexibility and Balance for Kids
- ✓ Cooldown for Kids
- ✓ Family Fun Workout

Meditation & Wellness

- ✓ Cool Off (Kid Friendly Meditation)
- ✓ Find Calm (Kid Friendly Meditation)
- ✓ Sleep Tight (Kid Friendly Meditation)
- ✓ The Importance of Healthy Eating
- ✓ Healthy Snack Ideas For Kids
- ✓ Eating for Sports and Activity