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Sneaky Fitness For Kids

<http://www.homeschoolfitnesscoach.com/blog/sneaky-fitness-for-kids/>

We had a very unusual warm day last week. I wanted to take advantage of the chance to get the kids outside and moving. Exercise for kids should not be like ours. They need to have fun, move and play. This is how physical education is done at the Ramos house. Get outside and play with your kids. Create some awesome memories. Post from: Homeschool Fitness Coach

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