[Bob Harper Fitness Break](https://youtu.be/dUQf_ARoNVI)

[GeoMotionTV](http://geomotiontv.com/)

[Fitness Party with Zumba](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fitness_party_with_zumba/)

[Fitness Break: Yoga](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fitness_breaks_with_tara_stiles/)

[Fitness Breaks with Billy Blanks](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fitness_breaks_with_billy_blanks_elementary/)

[Fitness Station Cards](https://www.healthiergeneration.org/_asset/jt1ppk/09-877_FitnessTrailStations.pdf)

[Staff Fitness Break Cards](https://www.healthiergeneration.org/_asset/ddn8pb/14-6321_StaffFitnessBreaks.pdf)