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KIDS FITNESS ON DEMAND™ NOW AVAILABLE TO YOUTH CARE FACILITIES ACROSS THE COUNTRY

MINNEAPOLIS (June 5, 2014) – Fitness On Demand™, a leader in providing digital, on-demand workout classes, is launching a new series focused on offering kids active, engaging activities in schools and day care environments. Kids Fitness On Demand™ will offer fun video fitness classes ranging from yoga to dance to balance.

“At Fitness On Demand™ we realize the importance of exposing kids to healthy active environments and our technology is not only appealing to kids because its delivered digitally, it’s also an easy, cost effective way for day cares and schools to add exercise and movement to their days,” said Garrett Marshall, Business Development Director for Fitness On Demand™. “In addition, incorporating more activity through a program like Kids Fitness On Demand™ can help fight the growing obesity rate amongst kids today.”

According to the *Journal of the American Medical Association* obesity rates in children have tripled in the U.S. over the past thirty years and currently one in six children are obese.

Kids Fitness On Demand™ is now available on all Fitness On Demand™ systems. The programs can be previewed at Fitness On Demand’s [YouTube Page](#). The classes on average are under 30 minutes. Representatives from Fitness On Demand™ are available to answer any questions about purchase or install.

About Fitness On Demand™

Fitness On Demand™, available in more than 1,000 locations in four different languages across 16 countries, is a premier provider of a video based delivery system that hosts more than 600 group fitness classes. Fitness On Demand™ is available for use in health and wellness facilities at hotels, university campuses, residential complexes, worksites, assisted living centers, and health clubs. Virtual classes, including kick boxing, yoga, cycling and dance are taught by world-class instructors, and can be played on demand, or at pre-scheduled times, offering unparalleled flexibility and access to a variety of classes. For more information, visit fitnessondemand247.com.

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* Journal of the American Medical Association, 2012