



## CROSS TRAINING



**Kids  
Running  
.Com**

Vibrancy and versatility are traits of healthy and fit kids. While we know that kids who visit kidsrunning.com usually elect running as their number-

one sport, oftentimes they come to the site asking for ways to cross train. Here's a high-energy and challenging day-off-from-running activity that will appeal to many - including their teachers and parents: Hip Hop Dancing.

Product Review by Carol Goodrow: Hip Hop for Kids: School House Hop  
Available in Stores July 15, 2008

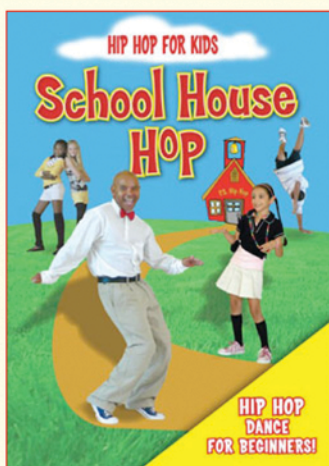
Put some snap in your step and hip hop your way to the store to buy this motivating DVD for your kids. Forget everything you have ever thought about the difficulty of hip hop dancing.

The directions on this video are easy; step-by-step.

Once all eyes are on the screen, even deeply rooted couch potatoes will sprout up and start dancing.

School House Hop has captivating choreography, simple directions, and lots of graceful style. The moves, fashions, music, and personalities will inspire all to get their feet moving.

As an added bonus, kid dancers teach their own freestyle routines. The DVD is rounded out with information on nutrition, and some active yogic stretching and strengthening. I can't wait to dance to this DVD with my Happy Feet Club Kids. All together now: 1 - 2 - 3 - 4!



## CREDITS

Hip Hop Great: Roger G.

Jumping Fish Productions

Created by dancer/mom Liz Milwe and fil director Michel Negroponte

JUST LIKE while playing a RUNNING GAME: Kids will exercise tirelessly.

Available on Amazon.com or by calling 1-800-454-5489

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