

Hey, hello everyone, here is Lowy.

And today we're going to get some good exercise together.

Wooohooo, will you join?

We're gonna exercise, yeah this will be fun.

Come let's play together, everyone.

First let's run a lap and reach out and stretch.

Are you ready? Yes!

There's so much to learn.

Let's get it done.

Let's count down go 3, 2, 1.

So we'll first sit on the ground, then let's spin around.

Crawling like a lion to the middle.

Now we're climbing up, reach right to the top.

The music is making us wiggle.

Come on clap your hands, now wave them side to side.

Sing a song together, jump up and down that's right.

See what dance can do, cause moving is good for you.

Wooohooooooo, this feels amazing. Now let's keep going.

Spin your hula hoop now. Wow you're doing great!

Speed up, spin that hula hoop around your waist.

Climb the rope and swing now. You better hold on tight.

Jump down, yeah that is what we like.



There's so much to learn.

Let's get it done.

Let's count down go 3, 2, 1.

So we'll first sit on the ground, then let's spin around.

Crawling like a lion to the middle.

Now we're climbing up, reach right to the top.

The music is making us wiggle.

Come on clap your hands, now wave them side to side.

Sing a song together, jump up and down that's right.

See what dance can do, cause moving is good for you.

Yeah, now that's how we do it.

Cause moving is good for you.

Everyone, this is Lowy. Whooohooooohooo!