

# Get Real with Shaun T™

## Having Fun While Getting Fit!

Millions of our youth struggle with weight issues and obesity. But that's about to change because celebrity fitness trainer Shaun T has created a program that no kid of any age can resist. He'll have everyone moving and grooving, and staying fit with cool, modern dance moves and hot music. These workouts feel less like exercise and more like a party. And who doesn't love a party? Regardless of size, shape, gender, or dancing ability—

Shaun T makes getting in shape so much fun, it's sure to be one thing parents won't have to remind their kids to do!

### THE BEACHBODY® DIFFERENCE

Shaun T has expertly devised a program kids will never get bored with, because these workouts have all the things they love: awesome music, energetic moves, and the coolest instructor with them every step of the way. There's never been a more fun way to get fit.



#### DID YOU KNOW?

According to the U.S. Surgeon General, **overweight adolescents** have a 70 percent chance of becoming overweight or obese adults. This increases to 80 percent if either parent, or both, is overweight or obese. The most immediate consequence of being overweight, as perceived by children, is **social discrimination**.

#### UNIQUE FEATURES & USAGE

- 2 25-minute workouts, **Cardio and Strength**, with tons of routines to keep young people hooked and having fun
- **Healthy** snack ideas
- **Guide** to learning to read nutrition labels
- **Wall poster calendar** to keep track of workouts

#### USAGE

Simply pop in one of Shaun T's Get Real workouts every day and watch young people reshape their bodies while strengthening healthy habits for life.