

[insert page 1]



Thank you for your interest
in the **smartmoovz** video series.

The mission of smartmoovz, inc., is to positively impact the lives of our youth by promoting health and fitness through physical activity.

With two individuals leading the charge – Katie Hart, a pediatric nurse and certified aerobics instructor, and Kris Burnett, a mother and video and publishing executive – smartmoovz, has built its foundation on the basics of medicine, fitness, fun and family values. The goal of smartmoovz, is to continue to create and implement comprehensive health and fitness programs in a variety of forms including its consumer video series, television programming, publications, special events, fitness training and program set-up, lectures and general instruction, and other programs available to the public.

Smartmoovz recognizes that current consumer videos are primarily observational in nature. As a result, it is committed to producing a cost-effective series of products that is participatory and educational. All of the smartmoovz programs can be tailored to fit any fitness level, and are completely scalable to promote individual motivation at just about any level of ability.

Our 30-minute physical activity programs are fun and educational. During the programs, we will show you how to do some basic activities to get you, your friends and family up and moving. We encourage you all to participate and join in the fun.

Please be sure to contact us at 1-888-KIDS-555 (1-888-543-7555) or visit www.smartmoovz.com for more information on our products and services, as well as fun and educational information about health and fitness. You can also view a list of the non-profit organizations that your purchase supports. Again, thank you for your interest and your support.

Katie
Katie Hart, RN

Kris
Kris Burnett



[insert page 2]



	Level One	Level Two	Level Three	Level Four	Level Five
Duration	10 min	15 min option	20 min	25 min option	30 min
warm-up (5 min)	●	●	●	●	●
low-intensity (5 min)		●	●	●	●
high-intensity (5 min)				●	●
high-intensity (5 min)				●	●
low-intensity (5 min)			●	●	●
cool-down (5 min)	●	●	●	●	●

Please select your workout level based on time and intensity. Individuals of just about any fitness level should be able to perform all of the activities in the full 30-minute program, however, if you would prefer to start with level one (or any other level) you can build up to the full program. The first level includes a 5 minute warm-up and 5 minute cool-down only. Each level thereafter increases in length and intensity as outlined above. Enjoy!

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