

10 tips to help your child become a

FREAK ATHLETE

Watch the video description Click Here

01 Sleep





Stretch 02

13 Race Often





Play Multiple Sports

15 Play Tag





Jump Rope

UD

1 Do Somersaults

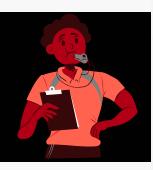




Carry Groceries

08

19 Get Formal Training





Have Fun

10