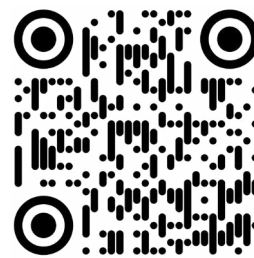




My MultiSport KIDS

Learn with your kids about **healthy eating and regular physical activity** with easy tips for everyday life. **Get inspired with our series of videos.**



Videos from this series and more at my.multisport.cz.



Exercise for kids

Exercise with home equipment

Do a somersault

How to sit right



Healthy eating for kids

Kids are not little adults

Healthy approach to food

Eating disorders