



child ought to move, but also what they should feel during each movement or position. Of course, these also describe how to detect and correct errors and movement faults typically found with each exercise. Furthermore, in order to help train exercise transitions, movement memory, mimicry, and team exercise (while also incorporating speech development), the DNS app has included a variety of rhythmic songs that are meant to be sung along with every global movement routine. By incorporating both animal imagery and catchy songs into each routine, the DNS Fit Kid App motivates children to exercise regularly in a pleasurable, playful way, while also emphasizing DNS principles like optimal posture and ideal movement coordination.

Miss Delectable

A Novel

Can't Fight This Feeling