Fitness On Wheels

As seen on Central Florida News 13:

Nancy Gay, Central Florida News 13.

It certainly doesn't look like your typical school bus. Inside it's just as different.

Yes, children are still here. However, instead of seats, there are mats, a monkey bar and even a trampoline.

This is the Fun Bus, a mobile fitness center on wheels.

“We talk about why they need to exercise," Fun Bus owner Kerrilynn Yemma said.

Each half hour session starts the same way by waking up the bus.

Yemma said, "They get to kick, yell with their outside voices and really release and get warmed up."

After a few stretches, the exercises begin with the fitness version of itsy bitsy spider.

This is probably the only time children don't get in trouble for climbing the walls.

Kerrilynn hopes by making fitness fun she can get children excited about exercise and carry it with them as they grow up.

"I like exercises," Daniel Angarita said.

However, if these children think they're skipping out of homework they're in for a surprise.

"I try to give them things to do, like goals to accomplish," Yemma said.

After half an hour of exercise, Payton Marshall said “We do cool downs."

Then it's time to say goodbye. But, leaving is just as much fun as being on board.

That's a look at Your Fitness,
Nancy Gay, Central Florida News 13.