

GoNoodle SIGN UP

We want to make sure you can use GoNoodle to keep everyone in your home physically active. Follow these steps below to sign up for GoNoodle - a FREE online physical activity resource.

1

Go to: <https://www.gonoodle.com/for-families/>
Access free videos that your entire family can do together!



2

Use the settings circle to create a login for your family!



3

Enter your birth year. Click "Continue".



4

Create a GoNoodle family account.



5

Enter in your information and click "Create Account".



#HEALTHYKIDSQUARANTINED



WAYNE STATE
College of Education
Center for Health and
Community Impact