



## Topic: Setting Up a Fit Bound Profile

1. Click on Fitbound.com or have the person you support search for **www.**

***Fitbound.com***

2. Click on the link “Sign Up for Free”
3. Scroll down on the page and Select the Plan that is labeled **“FREE”**
4. Fill out the Register Page

1. If helping a person we support set up an account. It may be helpful to have them write down their log in information down in a safe space.

Just in case this information is forgotten or misplaced.

5. Once a password is created, Select **“Individual “**
6. No need to provide a school in the section titled **“School”**
7. Make sure to **“Accept the Terms and Conditions”**
8. Congrats!! You’ve Made a Fit Bound Account! Use this Account to access so many different videos.

9. Find Videos:

1. Once Your Logged into your new Fit Bound Account, Click On My Account.

2. Click on Videos
3. Select the Channel Inclusion Collaboration
  1. On this page you will find different videos under three categories.
    1. Supportable Interval Movements
    2. Radiant Yoga, Light Yoga
    3. Dance
4. Have Fun, Get Physical!