

# SYNOPSIS



## Totally Fit!

### Voll Stark

Healthy food? - Not tasty! School stuff? - Boring! Family-fun? - Annoying! Sports? - How exhausting! Really? No way! - Together with the eccentric Hopper family, the young viewers discover everything to do with fitness and nutrition, learn about unusual types of sports and find out how to train their brains. «Totally Fit!» is the first wellness- program for kids that not only boosts their self-confidence, but also shows them how to get the best out of their lives - all in a funny and entertaining manner.

**Year:** 2008

**Run-Time:** 22 x 25 min.

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**by KidsTV for ORF in association with Story&Co.**

**Languages:** German (ORIGINAL) , English (DUBBED)

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