











## **VIDEO LIBRARY**

### **FULL VIDEO:**

Cardio Cam Full Video

<https://youtu.be/2UjoZPd3HS0>

### **Videos on Diet and Motivation:**

Cardio Cam Short - Diet and Motivation

<https://youtu.be/1KRO2TX5fWE>

Cardio Cam - 1 Minute - Diet and Motivation

<https://youtu.be/1HrxBZWs5cw>

### **Videos on Staying Active:**

Cardio Cam Short - Staying Active

<https://youtu.be/SsSrDTn87LU>

Cardio Cam - 1 Minute - Staying Active

[https://youtu.be/F\\_kA1NSrwe0](https://youtu.be/F_kA1NSrwe0)

### **Cardio Quizzes:**

Cardio Cam - 30 Second Quiz

<https://youtu.be/4bala7WXbKg>

Cardio Cam - 1 Min Quiz

[https://youtu.be/EguKj\\_uRc44](https://youtu.be/EguKj_uRc44)

### **General Tips:**

Cardio Cam - Tips for a Healthy Heart

<https://youtu.be/Owx-RnTG9oI>

### **Downloadable mp4's for all videos:**

<https://www.dropbox.com/sh/0cbno3fiw0yfy5v/AACcKssmS0r4YNsj7B5XQV2ua?dl=0>