

Name _____

Many Ways to Move

Play a sport, catch butterflies, go for a walk—all your movements add up to the recommended hour or more of physical activity each day!

Color by number to discover fun ways you can get your hour!

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|------|------------|-----------|-------|-------|-------|--------|-----|--------|-------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Gray | Light Blue | Dark Blue | Brown | Black | Peach | Orange | Red | Purple | Green |

