## The fit Connection



## Check Your Energy

What is your energy level right now?







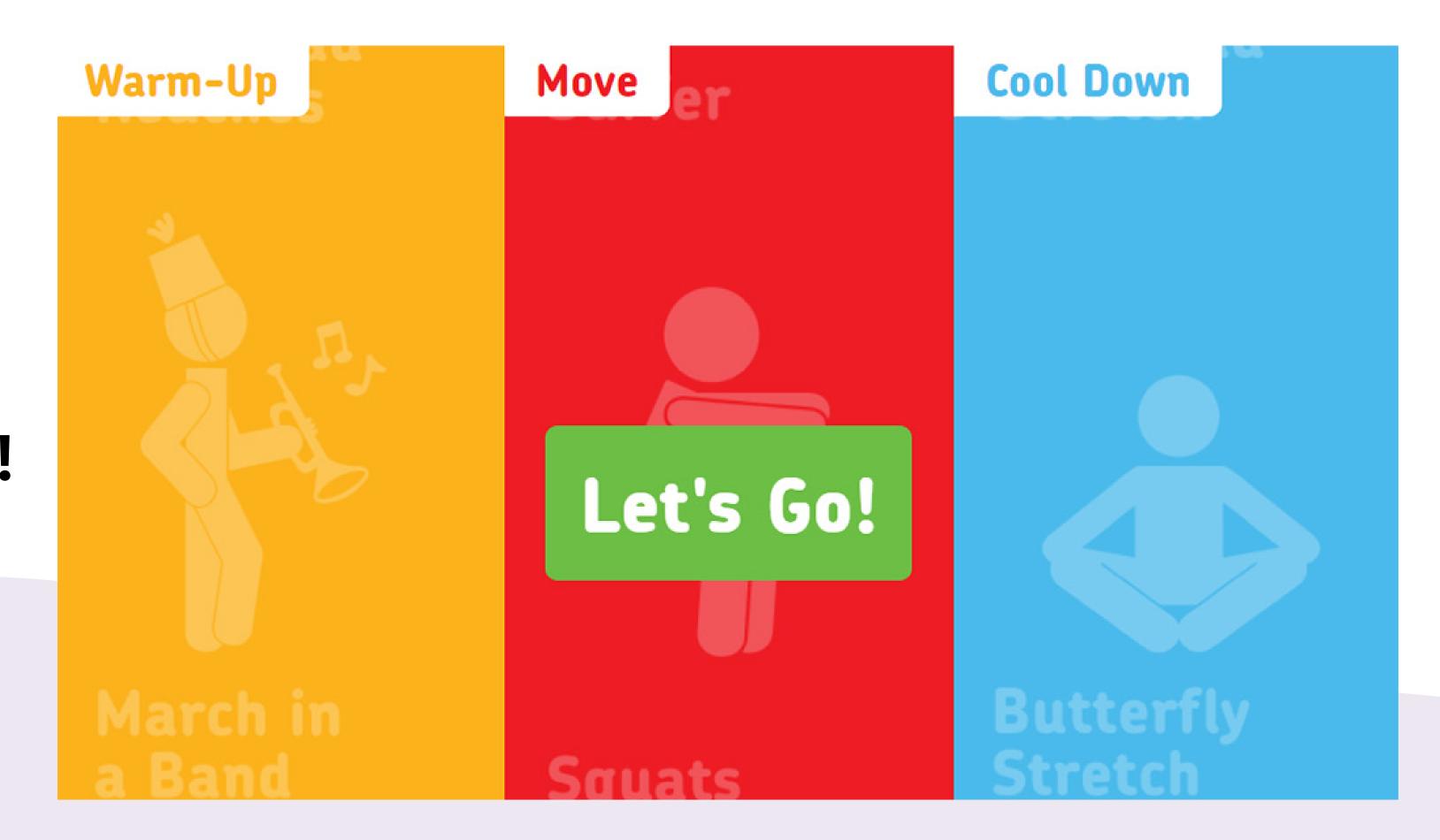
Low

Medium

Fully recharged!

# Check Your Energy

Now do a fitBoost!



## Check Your Energy

Do you feel more energized now?







Low Medium

Fully recharged!

#### It's All Connected

Choosing to move is great for your body and brain. It gives you the energy you need to make healthy choices throughout your day!



### It's All Connected

Moving is connected to healthy recharge, mood, and food choices:

- Moving helps to recharge your energy.
- Moving can help you motivate your mood.
- Nutritious foods give you energy to move.





Fill in the blanks.

#### Remember to Move

Are there times in your day when you can choose to move your body?



Remind yourself by making a poster that says, "Move Right Now!" Hang it in your bedroom, on your TV, or on your bathroom mirror.

#### **Move Poster**

Move is any physical activity. To move is to participate in a sport, play, exercise, or do a leisure activity, such as walking. Write or draw a move choice you will make.

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