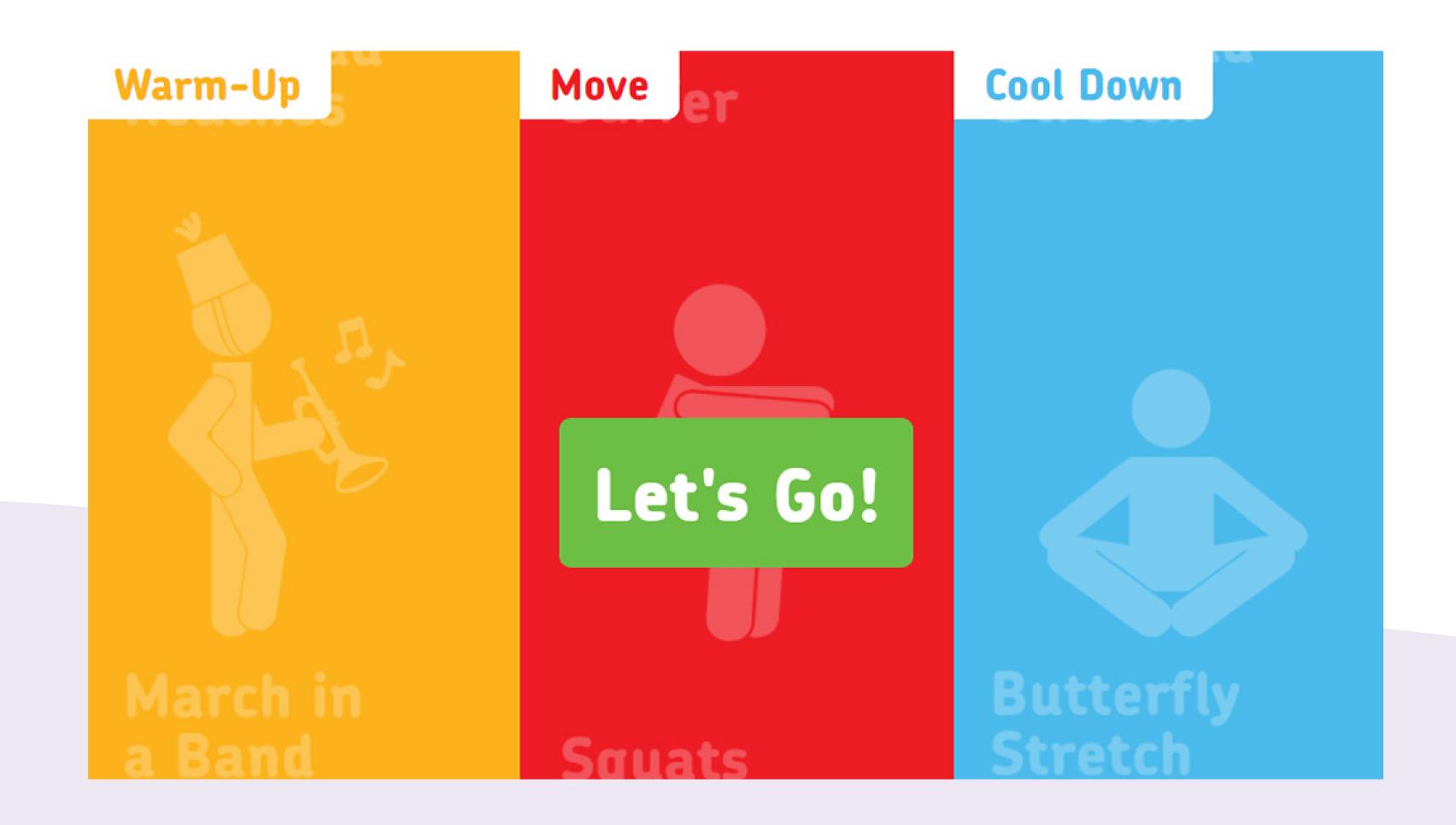


## fitBoost

Do a *fit*Boost to move your body!



## Be Active at School

fitBoosts are a great way to move during school.

Between recess and waiting in lines, you have many opportunities to move.



## Be Active at School

Here are some ways you can add moves to your school day:

- Stand at your desk while doing work.
- Hop instead of walking.
- Cross your arms while walking down the hall.
- Do a wall sit while waiting.
- Reach your hands high to the sky for a stretch while reading.
- Skip or jog around the playground before playing recess games.





## Think about how you can add movement to your day!

Add to your move plan by writing or drawing how you can move throughout the school day.



