

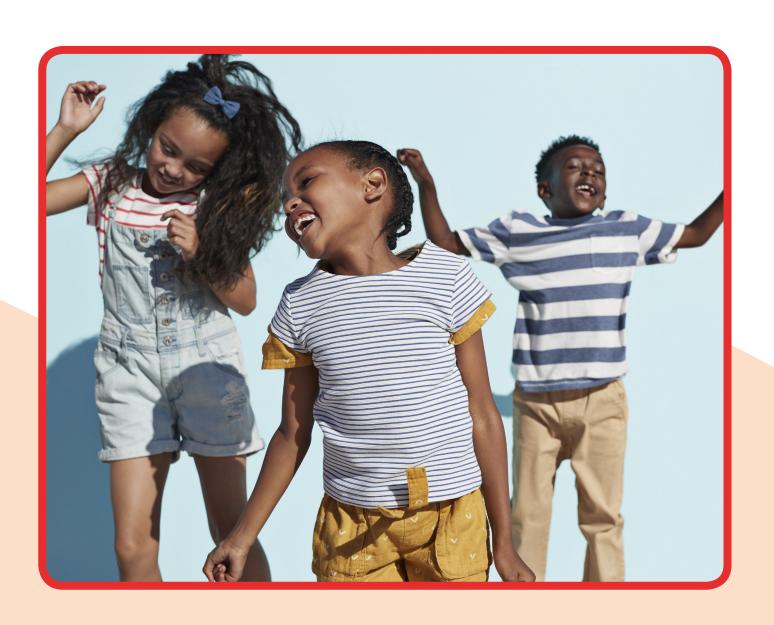
# Do a fitBoost to move your body!



# From gardening to dancing to exercising, anything that gets you up and active is a *fit* move choice!







### Move Your Body

Moving plays an important part in keeping your body and brain healthy.

Your muscles, bones, and brain all require movement to grow strong.





## Move Your Body

Have a *fit* mindset! Move many times and many ways throughout your day. Choose a way to move and make it fun!

HOW DO YOU MOVE YOUR BODY?

#### Move to the Music

Show how much fun you can have while moving and have a mini dance party right now!

Go home tonight and dance with your friends and family.



