



fitCLUB

Move Activity Cards

fit

HIGH KNEES

10 reps

Swap screen time with a brain-boosting movement when you're feeling bored.



JUMP HIGH

10 seconds

Moving helps your brain to focus—include physical activity breaks while completing homework.



RUN IN PLACE

10 seconds

Move to get your heart beating faster and stronger.



SQUATS

10 reps

Boost your energy
throughout the day with
movement breaks.



DANCE CRAZY

20 seconds

Moving is not just exercising. How many ways can you move while having fun?



PUSH-UPS

6 reps

Moving helps to build your muscles—take a strength break and try some push-ups.



ARM CIRCLES

10 seconds

Make moving fun—
include friends and
family and add music!



PRETEND TO JUMP ROPE

10 seconds

Jump rope to the beat
of your favorite song.



PRETEND TO DRIBBLE BALL

10 seconds

No equipment needed,
pretend to dribble and
shoot some hoops.



TOE TOUCHES

10 reps on each side

Move many times, in many ways, throughout the day!



MARCH IN PLACE

10 seconds

Physical activity can help prevent you from getting sick.



HULA HOOP

12 reps

Moving in the morning
gets you energized for
your day.



BUTT KICKS

10 reps

Exercise improves brain performance—get moving!



FROG JUMPS

6 reps

Moving is great for your lungs, so turn off the TV and get moving!



JUMPING JACKS

10 reps

Moving throughout the day helps you sleep better at night.



LUNGES

8 reps on each leg

You use about 200 muscles to take a step forward.



OVERHEAD REACHES

8 reps on each side

Stretch before sitting
down to do homework.
It will help get your brain
focused.



PRETEND TO ROLLERBLADE

6 reps on each leg

Move many times,
many ways, and in
many places—all
movement throughout
the day adds up!



You CHOOSE!

10 reps

Physical activity can help you improve your mood and increase your energy.

