

Motivate Your Motion Common Market Ma

HOW DO YOU FEEL?

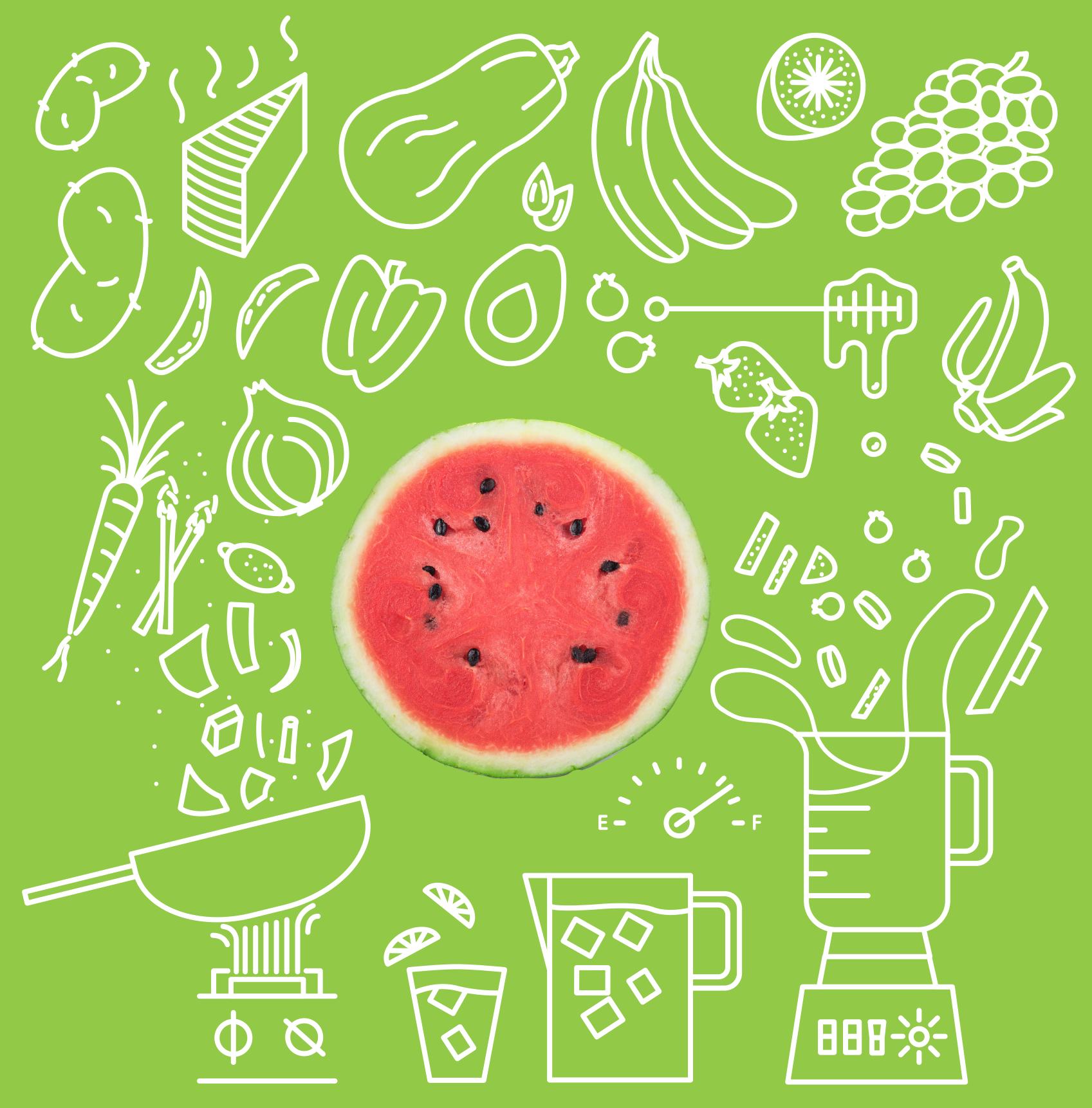
Feelings and emotions put you in a mood. Your mood influences your choices and it changes throughout the day. If you're in an unpleasant mood try taking deep breaths, playing outside, or talking to a trusted adult.

Learn more at fit.sanfordhealth.org!





Scan this QR code to visit the Sanford fit website.



Think Your Edition (Contraction)

FUEL YOUR BODY AND BRAIN!

Food is fuel. Being aware of nutritious options and how to try new foods empowers you to make healthy choices.

Learn more at fit.sanfordhealth.org!





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BEING fit MEANS HAVING THE RIGHT MINDSET AND ENOUGH ENERGY TO CHOOSE HEALTHY FOODS AND TO BE ACTIVE.



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MACOME Your Body

BOOST YOUR BODY AND BRAIN!

Whether it's going for a hike or playing a game, finding your favorite ways to move throughout the day will help you make healthy choices.

Learn more at fit.sanfordhealth.org!





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RECHARGE Your Energy

RELAX, RESTORE, AND REFRESH

Your energy level influences your choices. Recharge by finding healthy screen-free ways to relax and by getting the sleep your body needs.

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