

# The *fit* Connection



# Check Your Energy

What is your energy level right now?



Low



Medium



Fully recharged!

# Check Your Energy

Now do a *fitBoost*!

The graphic consists of three vertical panels. The first panel is orange and labeled 'Warm-Up' at the top. It features a stylized figure of a person marching and playing a trumpet, with musical notes floating around. The text 'March in a Band' is at the bottom. The second panel is red and labeled 'Move' at the top. It features a stylized figure of a person in a squatting position. A green rectangular box with the text 'Let's Go!' is overlaid on this panel. The text 'Squats' is at the bottom. The third panel is blue and labeled 'Cool Down' at the top. It features a stylized figure of a person in a butterfly stretch position. The text 'Butterfly Stretch' is at the bottom.

# 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.

\_\_\_\_\_ YOUR BODY GIVES YOU THE ENERGY  
YOU NEED TO MAKE HEALTHY CHOICES THROUGHOUT YOUR DAY!

# 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.

Name \_\_\_\_\_

## 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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