



The *fit* Connection

Check Your Energy

What is your energy level right now?



Low



Medium



Fully recharged!

Check Your Energy

Now do a *fitBoost*!

Warm-Up



March in
a Band

Move



Let's Go!

Squats

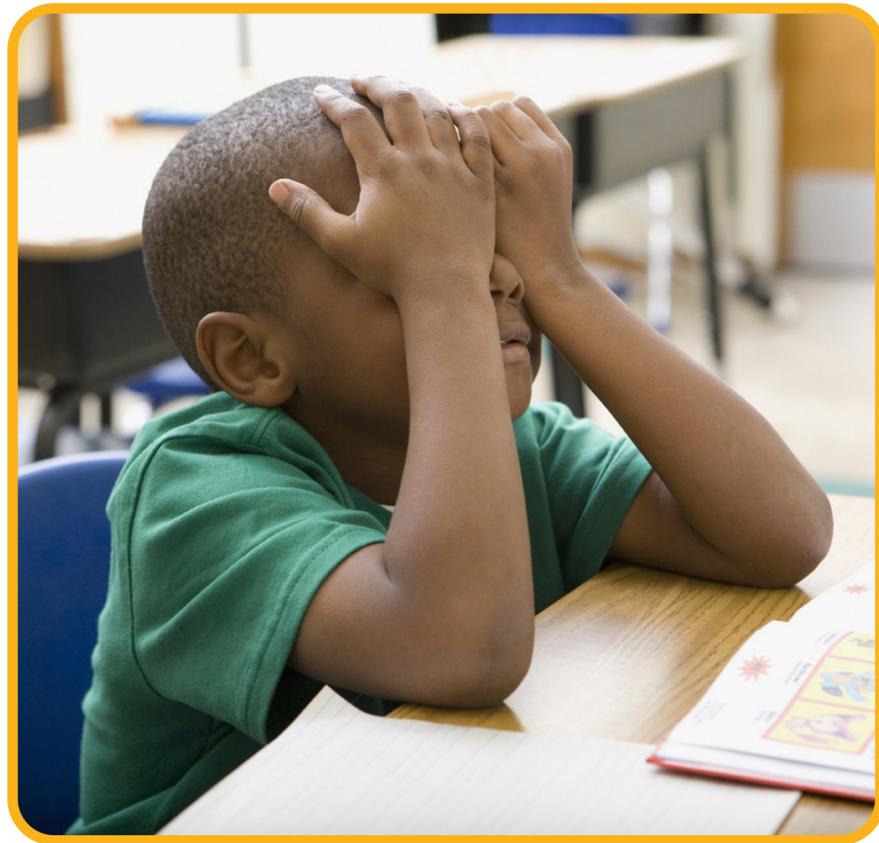
Cool Down



Butterfly
Stretch

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.

A large, empty rectangular box with a thin grey border, intended for a child to draw or write a move choice. The box is positioned below the definition of 'Move' and above the copyright notice.

*fit*TM

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