



**Move
Your Body**

Be Active

Being active many times during the day is important to keep your body healthy.



Be Active

Moving in the morning helps you wake up and feel ready for the day.



Be Active

Moving before you eat can motivate you to make nutritious food choices to help keep you fueled-up and energized all day.



Be Active

Moving in the afternoon can help you focus for the rest of the day.



Be Active

Moving after school can help motivate your mood and keep you from feeling bored.



Be Active

Moving throughout the day can help you sleep better at night.



WHAT DOES MOVING DO FOR YOUR BODY AND BRAIN?

Think about how you can add movement to your day!

Write or draw how you will move in the morning on this printable.



Keep the printable at school to finish later in the week!

Name _____

Add Move to Your Day

Being active is a fun way to strengthen your body and brain. Show how you can be active many times, many ways, and in many places throughout your day.

 In the Morning	 At School
 At Home	 At Bedtime

©2020 Sanford Health. All rights reserved. fit.sanfordhealth.org

*fit*TM
SANFORD®