



# Move at School

# *fit*Boost

Do a *fit*Boost to  
move your body!

Warm-Up



March in  
a Band

Move



Let's Go!

Squats

Cool Down



Butterfly  
Stretch

# Be Active at School

*fit*Boosts are a great way to move during school.

Between recess and waiting in lines, you have many opportunities to move.



# Be Active at School

Here are some ways you can add moves to your school day:

- Stand at your desk while doing work.
- Hop instead of walking.
- Cross your arms while walking down the hall.
- Do a wall sit while waiting.
- Reach your hands high to the sky for a stretch while reading.
- Skip or jog around the playground before playing recess games.



**WHAT ARE YOUR FAVORITE WAYS TO MOVE AT SCHOOL?**

# Think about how you can add movement to your day!

Add to your move plan by writing or drawing how you can move throughout the school day.

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

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Keep your plan at school to finish later in the week!



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