

# What's in a Move?



**Would you rather ride a bicycle  
or make up a dance?**



**Would you rather shoot hoops,  
or go swimming?**



**Would you rather do household chores,  
or play soccer?**



# We have many different ways that we can choose to move!

Do you know what moving does for your body?



**Moving boosts your energy and helps strengthen your bones and muscles.**



# And moving gives you brainpower!

When you move you get your heart pumping, which sends blood and oxygen to your brain. This helps your brain do a better job of thinking and learning.





**Movement does not have to be difficult exercises to be good for your body.**

**Just be active and have fun!**

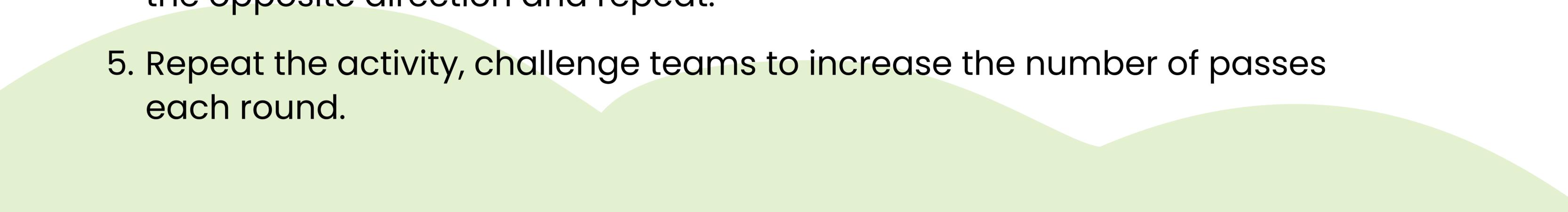


**WHAT DOES MOVING YOUR BODY DO FOR YOU?**



**Here's a great way to move! Do it inside as a brain break or outside as a new playground game:**

## **Follow the Leader**

1. Line up in groups of four to six. Each group will need a ball or a beanbag.
  2. Teacher or leader is timekeeper, and times the group for 60 seconds.
  3. The object of the game is to alternate passing the object over the head then through the legs from one end of the line to the other.
  4. Once the object has been passed successfully, team members turn the opposite direction and repeat.
  5. Repeat the activity, challenge teams to increase the number of passes each round.
- 

*fit*<sup>TM</sup>

SANFORD®