

How Do You Move?



Is playing
soccer a *fit*
move?



Is gardening
a *fit* move?



Is playing
the drums a
fit move?



**Is catching
butterflies a
fit move?**



All of these activities are *fit* moves!



Any time you choose to be active, you are making *fit* move choices!

Move many times, many ways, and in many places throughout each day.



**Move by
helping your
family with
chores!**



**Move by
playing and
having fun!**





**Move by running
as fast as you
can!**



HOW DO YOU CHOOSE TO MOVE?

Think about ways you can move throughout your day.

Then make a plan to get moving!
Think about how you can move more often at school and at home.



Now, write or draw
three ways you
will choose to move
throughout your day.

Name _____

Many Ways to Move

Play a sport, plant a garden, catch butterflies, go for a walk--all your movements add up to the recommended hour or more of physical activity each day! Write or draw three ways you will choose to move throughout your day.

I will...

...will...

I will...

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