

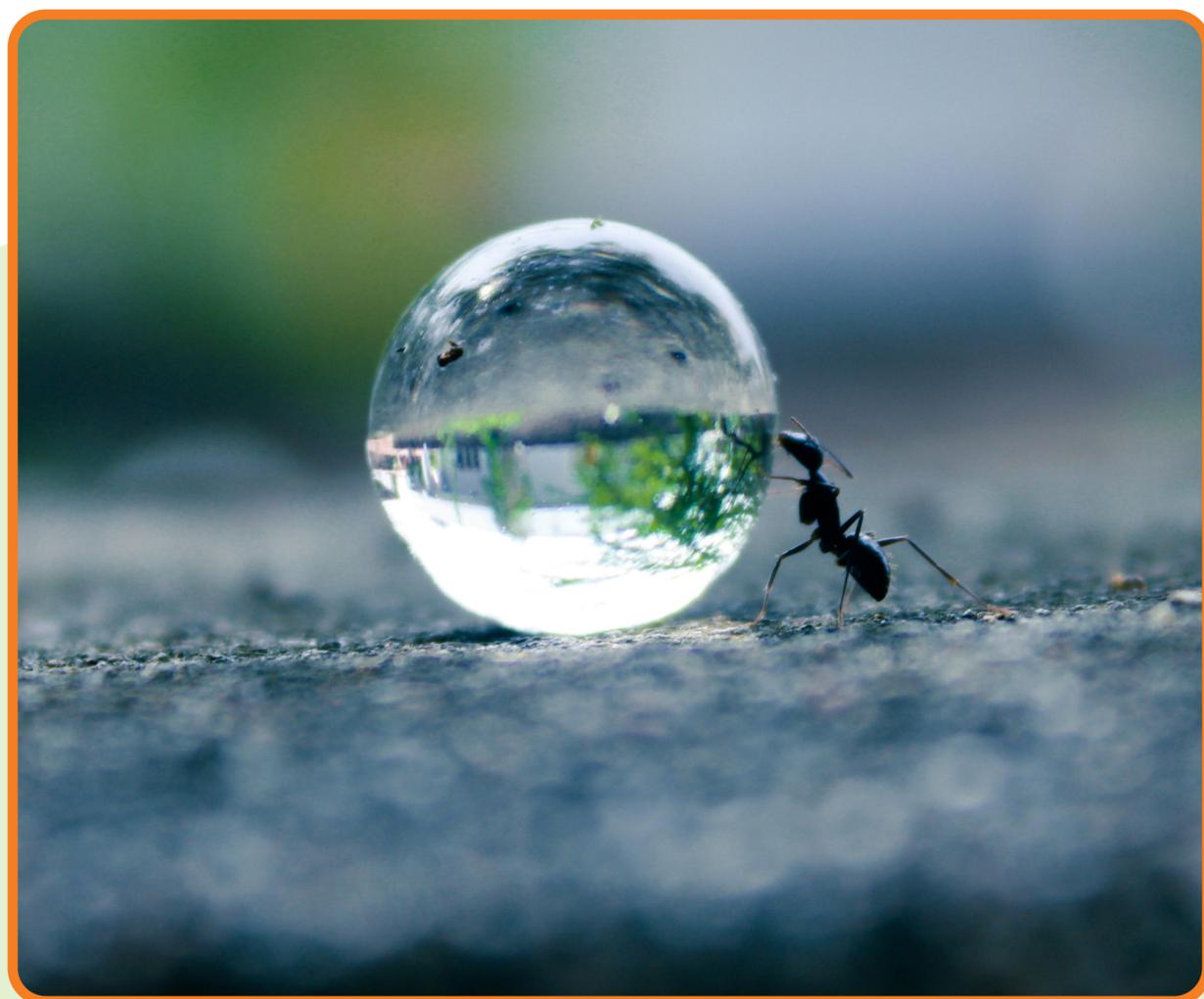
# Plan to Move Throughout Your Day



**Would you rather be as acrobatic  
as a chimp or as fast as a cheetah?**



**Would you rather be as strong as an ant  
or as graceful as a gazelle?**



**Would you rather swim as fast as a sailfish  
or fly as high as an eagle?**



# Would you rather move fast, slow, or somewhere in between?

You have a lot of choices about when you move, how you move, and where you move!



**WHEN, WHERE, AND HOW WILL YOU MOVE TODAY? TOMORROW?**

# Think about all of the ways you can move. Let's plan how we can move at home this weekend!



Let's plan how we can move at home this weekend!

Name \_\_\_\_\_

## My Weekend Move Timeline

It is important to be active--even during the weekends! Choose to move many times, many ways, and in many places. Write or draw how you will move this weekend.

Saturday	Sunday
Morning	Morning
Afternoon	Afternoon
Evening	Evening
Night	Night

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