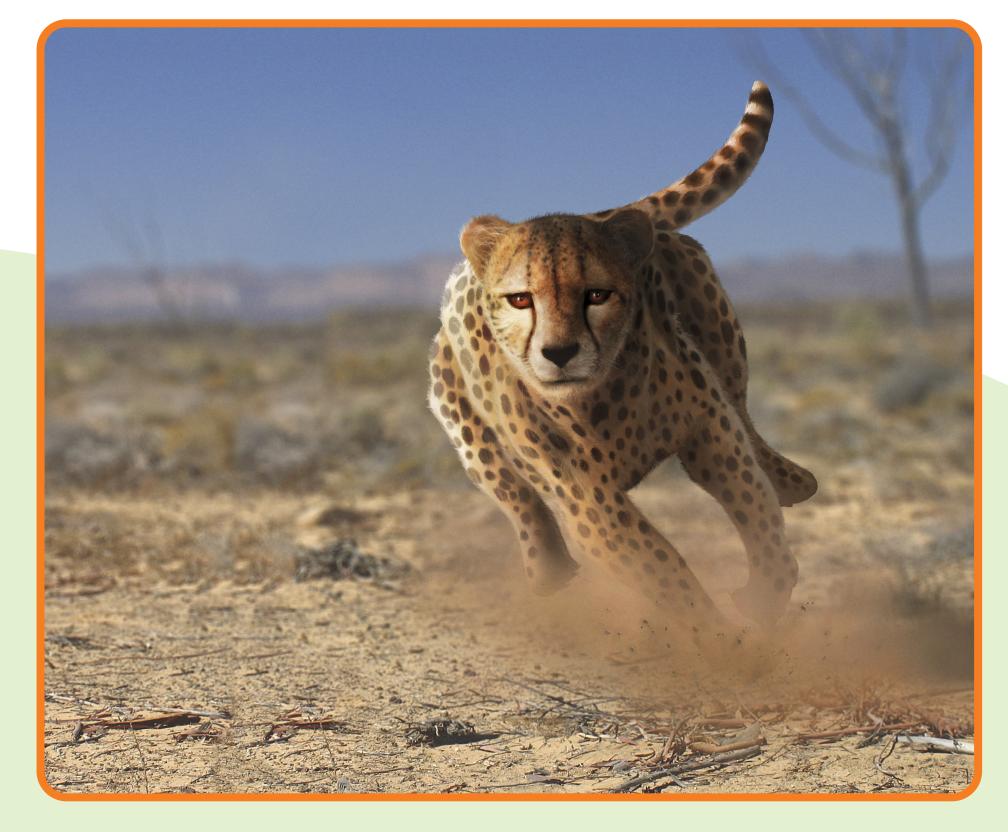
Plan to Move Throughout Your Day



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. Plan how you can move at home this weekend!



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



