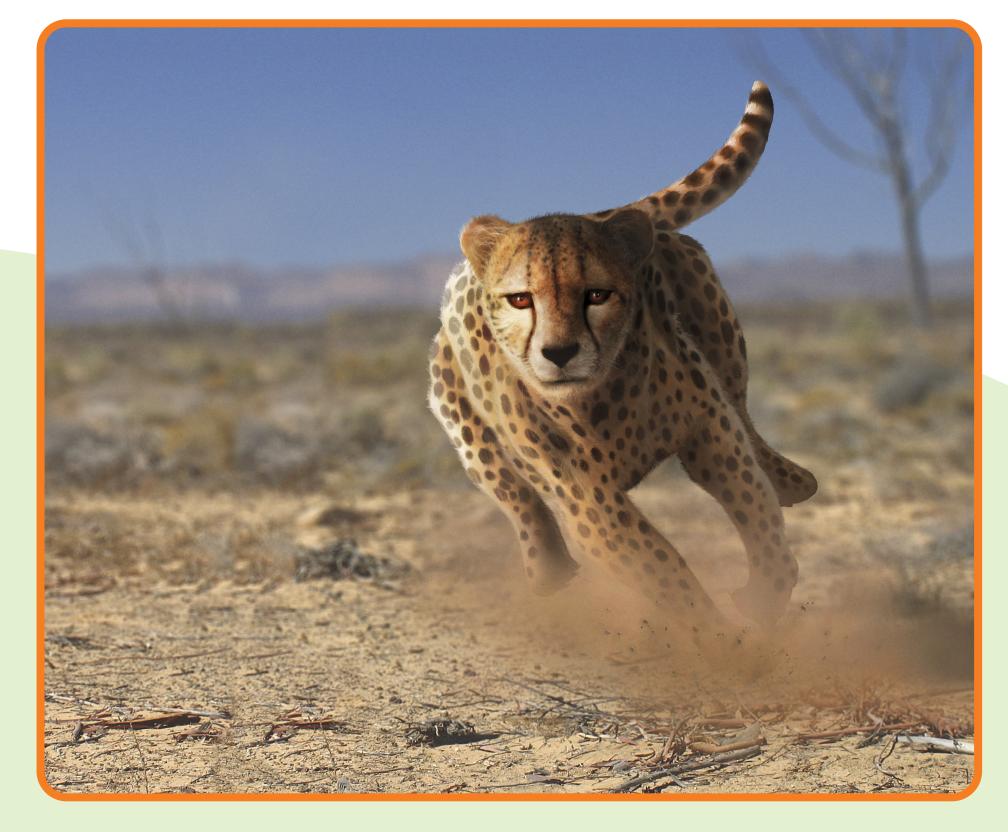
## Plan to Move Throughout Your Day



## 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!



