Move Your Body

Be Active

Being active many times during the day is important to keep your body healthy.

Be Active

Moving in the morning helps you wake up
and feel ready for the day.

Be Active

Moving before you eat can motivate you to make *fit* food choices. Healthy food choices keep you fueled-up and energized all day.

Be Active

Moving in the afternoon can help you focus for the rest of the day.

Be Active

Moving after school can help motivate your mood and keep you from feeling bored.

Be Active

Moving throughout the day can help you sleep better at night.

Think about how you can add movement to your day!

Write or draw how you will move in the morning on this printable.

Keep the printable at school to finish later in the week!