

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





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





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





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



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



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

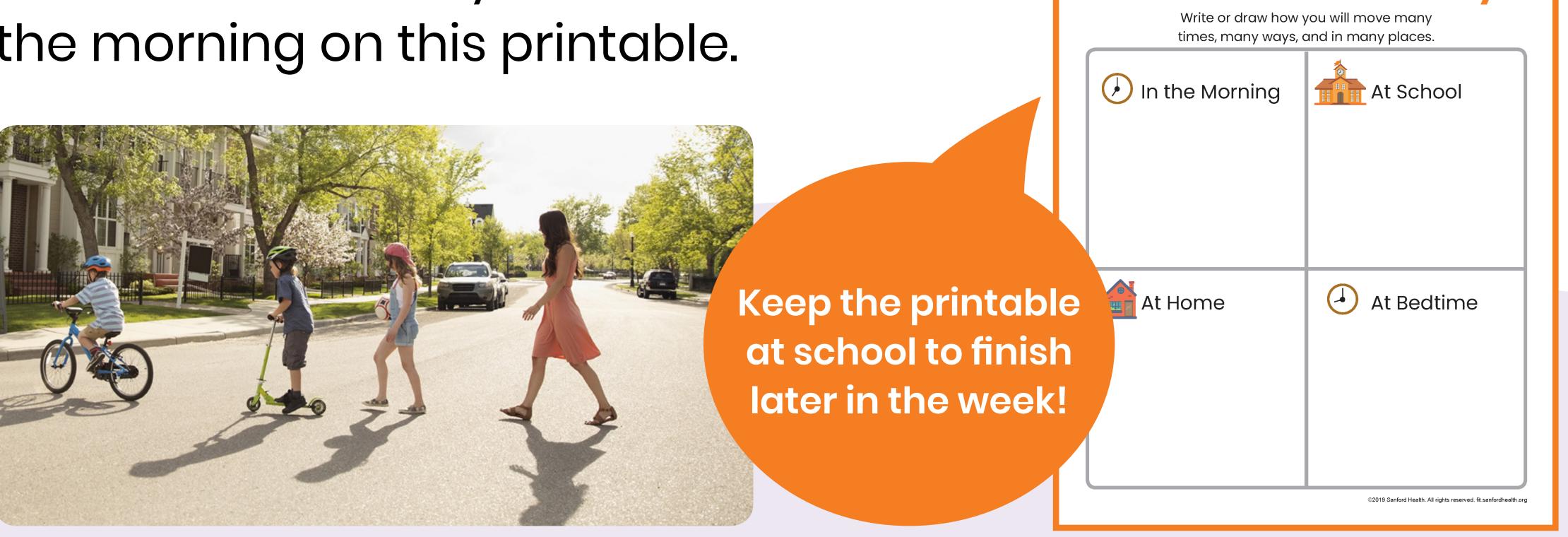




WHAT DOES MOVING DO FOR YOUR BODY AND BRAIN?

# Think about how you can add movement to your day!

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



**Add Move to Your Day** 

