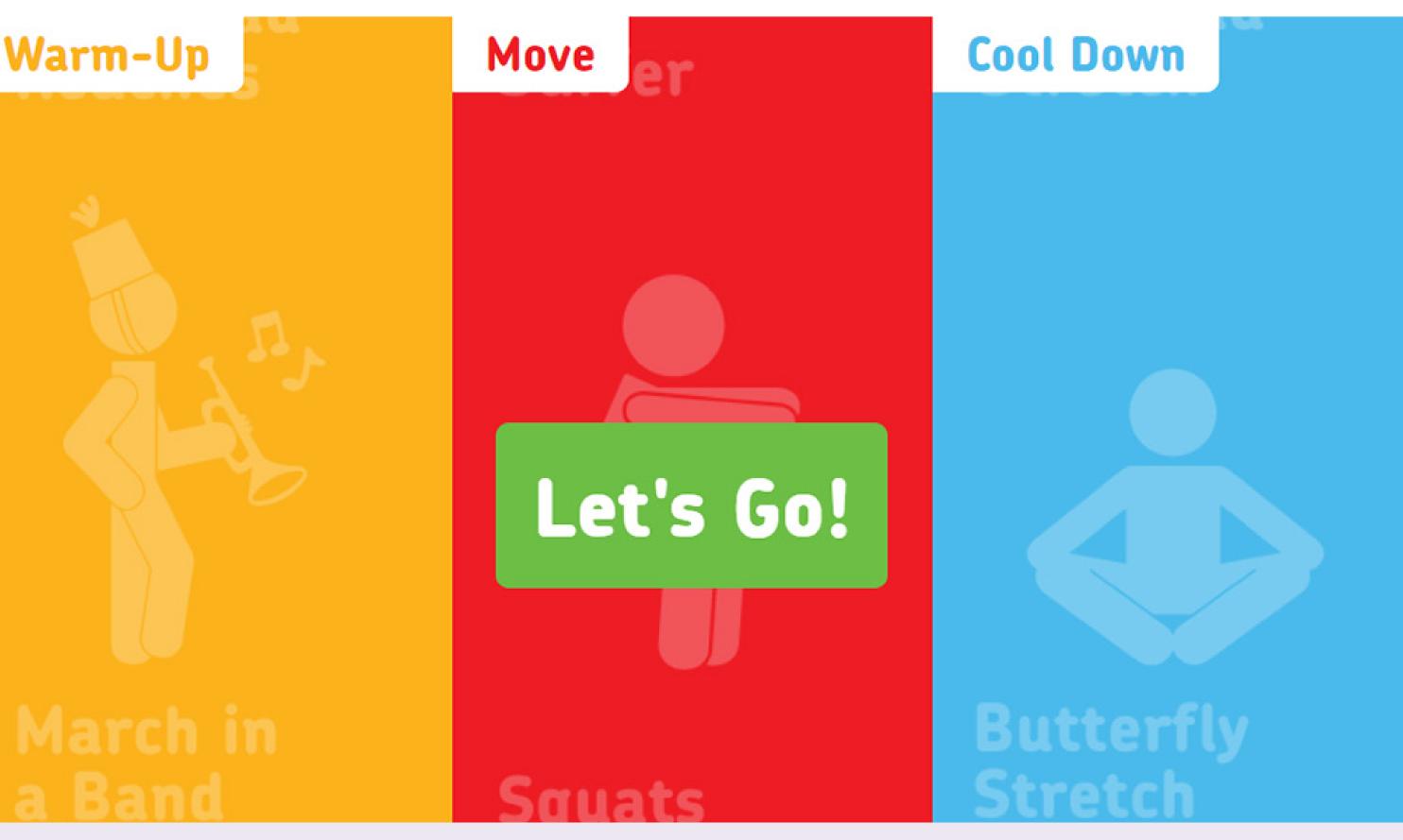


fitBoost

Do a *fit*Boost to move your body!





Be Active at School

fitBoosts are a great way to move during school. Between recess and waiting in lines, you have many opportunities to move.



Be Active at School

Why don't you try ...

- Standing at your desk while doing work.
- Hopping instead of walking.
- Crossing your arms while walking down the hall.
- Doing wall sits while waiting.
- Reaching your hands high to the sky for a stretch while reading.
- Skipping or running around the playground before playing recess games.









WHAT ARE YOUR FAVORITE WAYS TO MOVE AT SCHOOL?

Think about how you can add movement to your day!



