



**Move at
Home**

Would You Rather?

Would you rather
do jumping jacks or
jump rope?

Show your answer!



Would You Rather?

Would you rather
catch a wave or
shoot hoops?

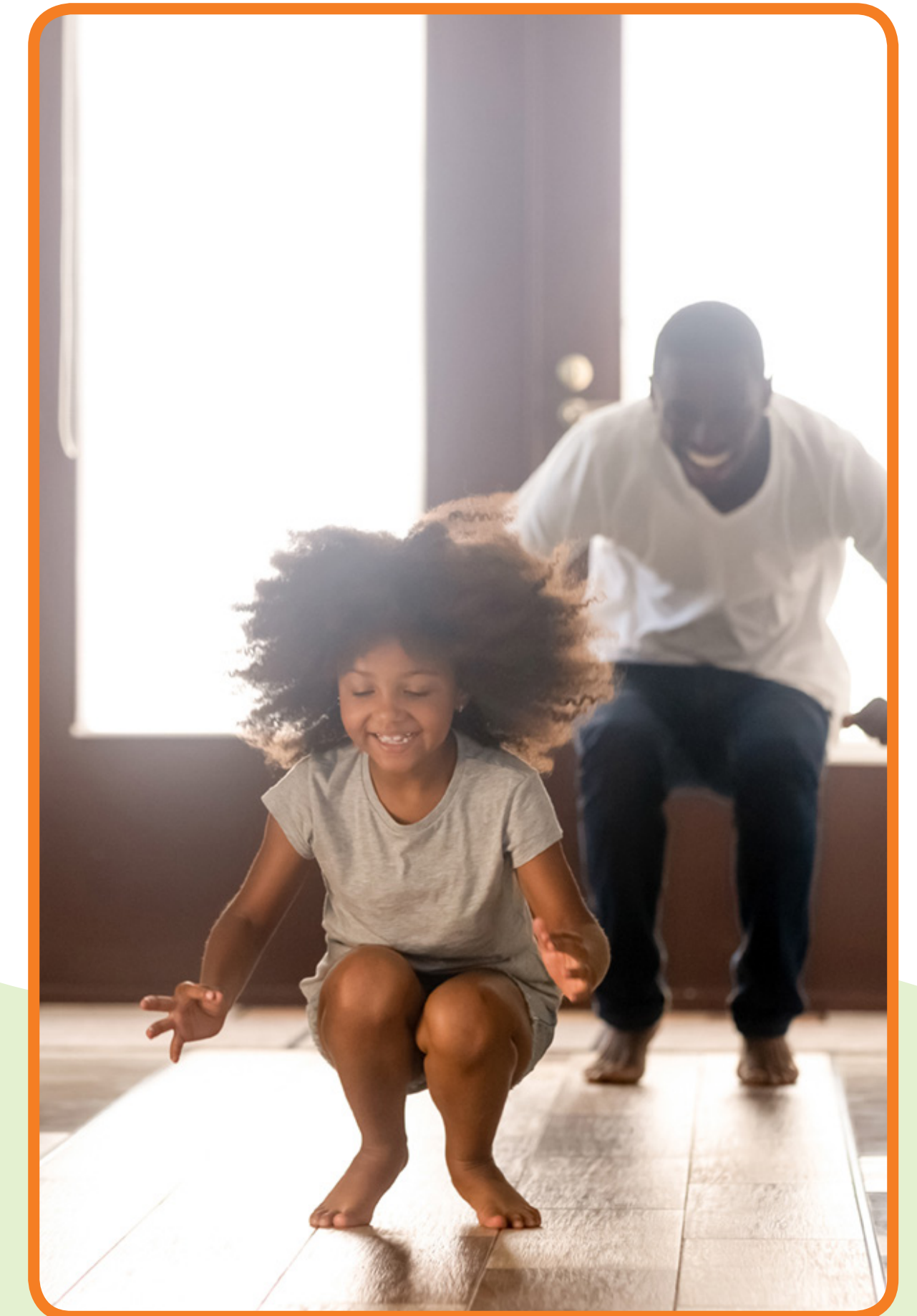
Show your answer!



Would You Rather?

Would you rather do butterfly stretches or frog jumps?

Show your answer!



Be Active at Home

You may not be able to hop in the ocean and surf or go outside and play basketball all the time . . . but you can always move at home!



Be Active at Home

If the weather is nice and you have a safe area to move, you can go outside and play.



Be Active at Home

If you're watching TV and have an open space nearby, take screen breaks between shows and do jumping jacks, pushups, or stretches.



Be Active at Home

If you have friends or family around, invite them to play outside!



WHAT ARE YOUR FAVORITE WAYS TO MOVE AT HOME?

Think about how you can add movement to your day!

Add to your printable by writing or drawing how you can move after school.






Keep your plan at school to finish later in the week!

Name _____

Add Move to Your Day

Write or draw how you will move many times, many ways, and in many places.

 In the Morning	 At School
At Home	 At Bedtime

©2019 Sanford Health. All rights reserved. ft.sanfordhealth.org

*fit*TM
SANFORD®