



# How Do You Move?



**Is playing  
soccer a *fit*  
move?**





# Is gardening a *fit* move?





**Is playing  
the drums a  
*fit* move?**





**Is catching  
butterflies a  
*fit* move?**





All of these activities are *fit* moves!





**When you choose to be active, you are making *fit* moves! Move many times, many ways, and in many places each day.**



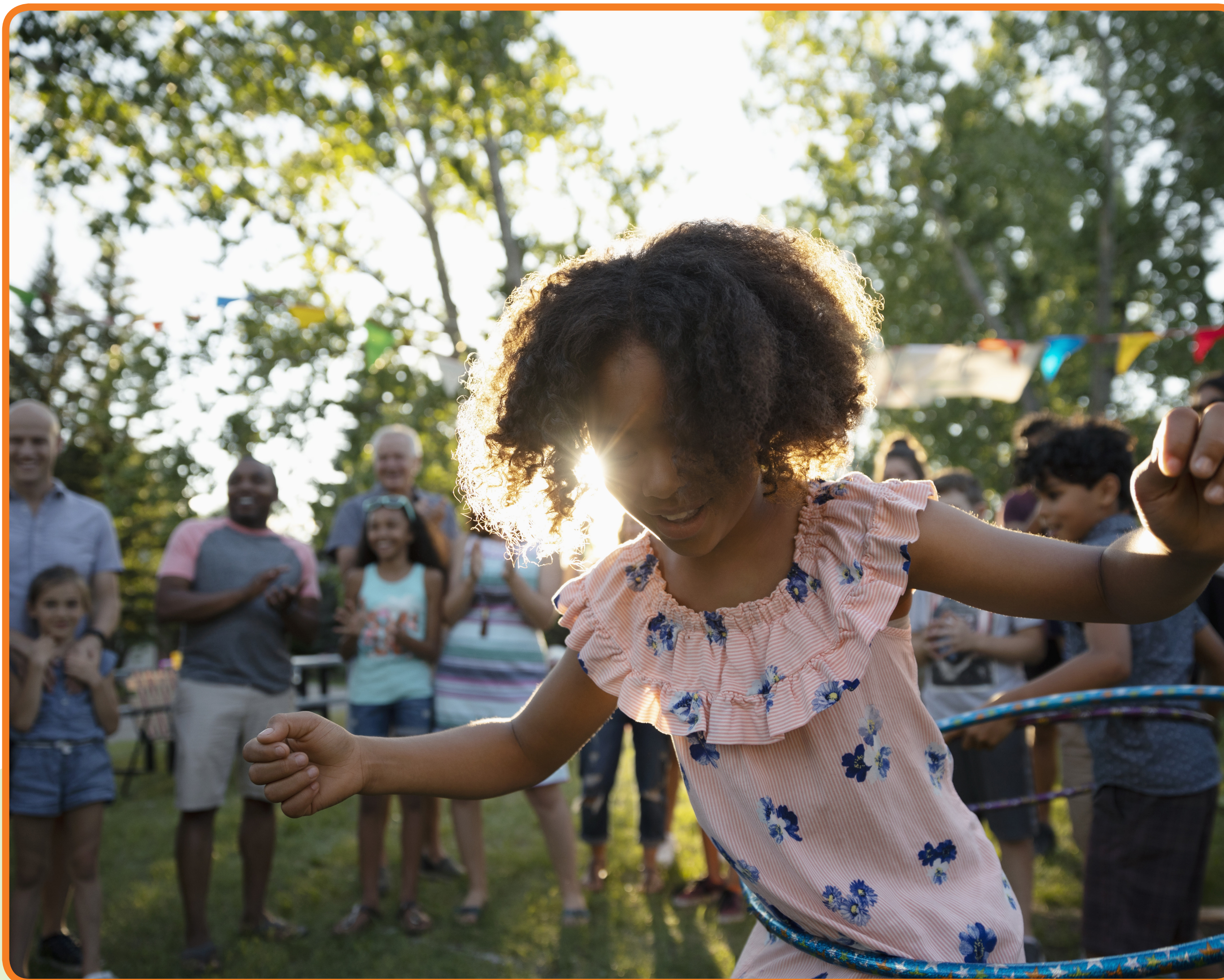


**Move by  
helping your  
family with  
chores.**





**Move by  
playing and  
having fun!**







**Move by running  
as fast as you  
can!**



**HOW DO YOU CHOOSE TO MOVE?**



# Think about ways you can move during your day.

Then make a plan to get moving!  
Think about how you can move more often at school and at home.



Now, write or draw three ways you will choose to move more often in your day.

Name \_\_\_\_\_

## Healthy Choices

Think about how you can move more at school and at home.  
Write or draw three ways you will choose to move more in your day.

I will...

...will...

...will...

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