

You know how sometimes it's really, really hard to sit still?

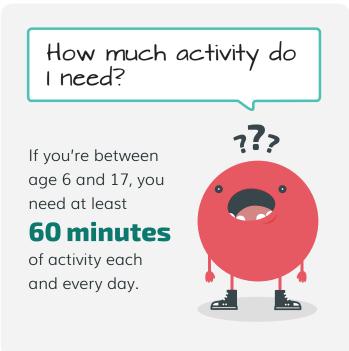
When you're young, your body **wants** to move — naturally! (Adults, not so much.)

So get active every day — and feel great!



Moving more can you give you a boost

* It's true — physical activity can actually help you do better in school.





So, what kind of activity do I need? Get a mix of activity. Do things that: Image: Strengthen your bones Build your muscles Build your muscles Make your heart beat faster Image: Strengthen your bones Image: Strengthen your bones Build your muscles Make your heart beat faster Image: Strengthen your bones Image: Streng

60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school Walk to school or the bus stop! Dance around the living room!



At recess Play tag with your friends! Swing on the monkey bars!



After school Walk your dog! Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's **your** move?

