

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

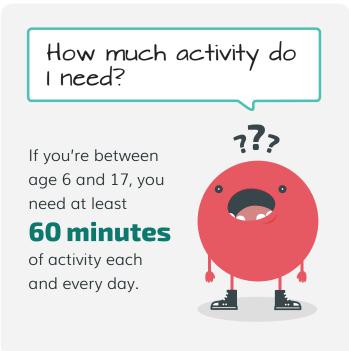
When you're young, your body **wants** to move — naturally! (Adults, not so much.)

### 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?

