

# MOVE YOUR BODY!

When we move, our bodies release chemicals that reduce stress and boost our happiness.

Setting aside time to move your body for 30 minutes each day can improve how we think, feel and act!

## HOW DO YOU LIKE TO MOVE?

RIDE YOUR BIKE

DO GUIDED WORKOUTS

CROSS COUNTRY SKI

MAKE FUNNY VIDEOS

HIKE THE TRAILS

WALK THROUGH THE PARK

RIDE YOUR BIKE

WORK IN THE GARDEN

ROLLER SKATE

YOGA

PLAY TEAM SPORTS

DANCE PARTIES

PLAY WITH YOUR PET

## CHALLENGE:

How do you like to move your body (check all that apply)?

Dance parties

Walk through the park

Do guided workouts

Hike the trails

Ride your bike

Work in the garden

Yoga

Play team sports

Play with your pet

Go for a run

Roller skate

Cross country ski

Make funny videos

Others? \_\_\_\_\_

Fill out this calendar with when and how you plan to move for the next week:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Who are you going to ask to get moving with you this week?

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