

Move More

Okay, you know you're smart to move more. But why? How many reasons can you come up with?

Check out all the great things you do for your "bod" when you stop sitting around and start moving!

Healthy "Bod" Benefits...

- ♥ Sleep better
- ♥ Look better
- ♥ Cope with stress
- ♥ Develop skills in sports
- ♥ Build strength and endurance
- ♥ Improve family relations
- ♥ Improve weight
- ♥ Move easier.
- ♥ Feel good about one's self
- ♥ Promote overall health
- ♥ Get over the "blues"
- ♥ Why not? It's fun!

Make your moves!

Move toward at least 60 active minutes a day-all at one time or in several shorter spurts.

Riding a bike, walking, or dancing adds up. Each is fast, fun, and easy.

Boost the benefits

Move longer or harder. Try running or playing one-on-one basketball.

Adapted from *The Power of Choice Leader's Guide*