



SESSION 5 CHALLENGE

Each day this week do 5 *fit* moves 10 times. Track each day you complete the challenge. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

MAKE MOVING FUN

- Move many times, many ways, and in many places each day.
- Moving boosts your energy and strengthens your body and brain.
- Use self-talk to motivate your mood. Tell yourself, “I will move!”
- It’s easy to move for at least 60 minutes daily when you make moving fun!
- Drink plenty of water. It’s the best way to quench your thirst.

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

MOVES WORD SEARCH



fitBOOST



LEARN MORE

- Family Friendly Ways to Keep the Family Moving
- 8 Sneaky Ways to Keep Kids Moving