



SESSION 9 CHALLENGE

Jump rope to the beat of a different song every day. Don't have a jump rope? Just pretend! 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

- Encourage yourself to move with self-talk.
- Set the screen aside. Think of fun ways you can move to stay active.
- Make your moves add up to at least 60 minutes each day.
- Pay attention to portions. Fuel your moves with the right amount of food.
- Think *fit*. Be *fit*! Know your mood and make healthy choices!

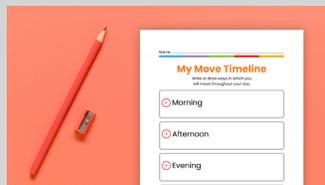
LEARN MORE ONLINE

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

SPORTS MOVES



MOVE TIMELINE



LEARN MORE

- [Move Your Way Throughout the Day](#)
- [25 Easy Activities to do with Kids at Home](#)