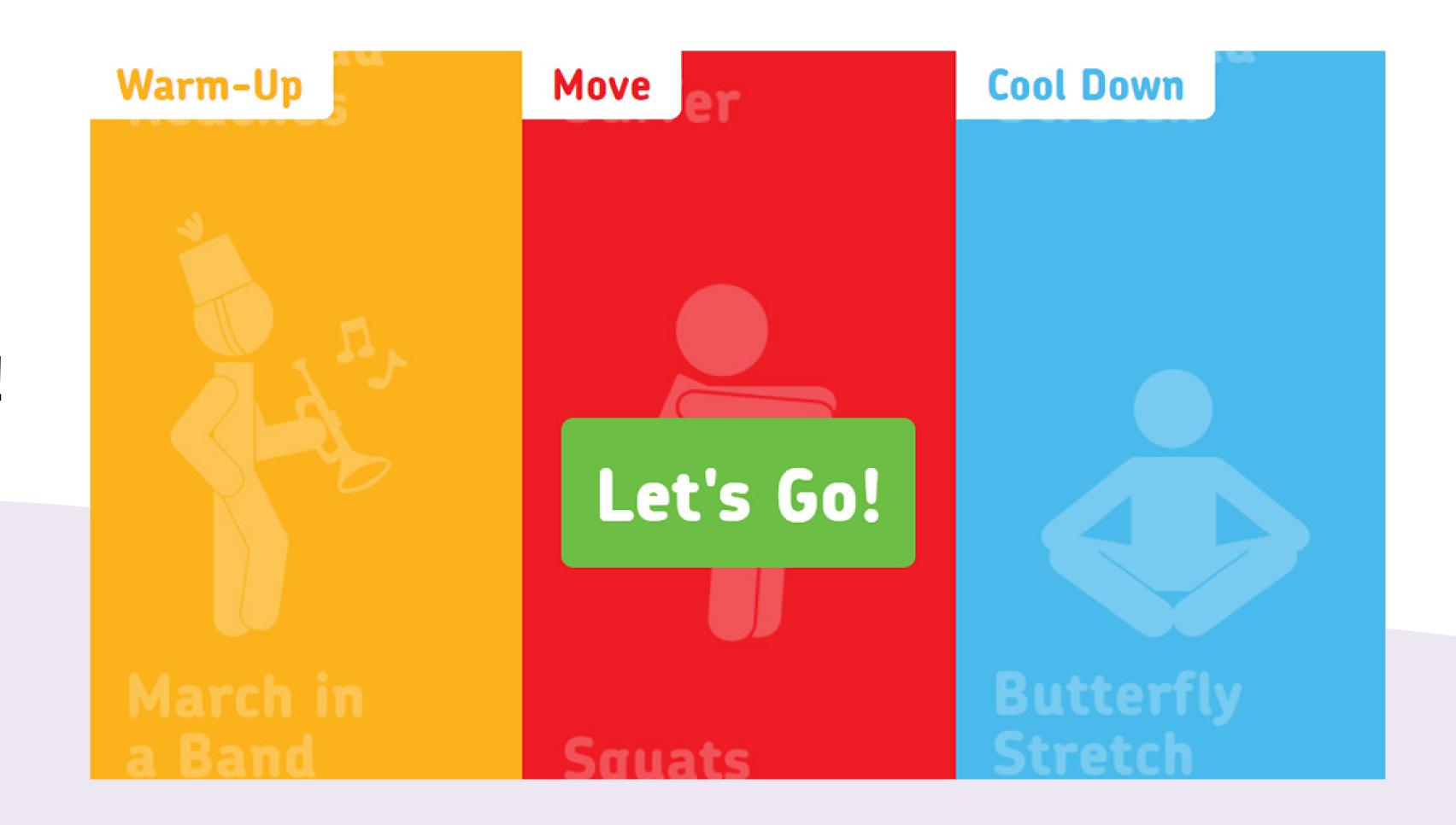


## fitBoost

Do a fitBoost to move your body!



## Be Active at School

fitBoosts are a great way to move during school. Between recess and waiting in lines, you have many opportunities to move.



## Be Active at School

Why don't you try ...

- Standing at your desk while doing work.
- Hopping instead of walking.
- Crossing your arms while walking down the hall.
- · Doing wall sits while waiting.
- Reaching your hands high to the sky for a stretch while reading.
- Skipping or running around the playground before playing recess games.







## Think about how you can add movement to your day!

Add to your printable by writing or drawing how you can move during the school day.



