

A group of ten diverse children are captured in mid-air, jumping joyfully in a grassy field. The scene is set against a bright, cloudy sky at sunset or sunrise, with the sun low on the horizon. The children are wearing various colorful clothing, including t-shirts, shorts, and sneakers. Their arms are raised, and their expressions are full of happiness and energy. The overall mood is one of carefree fun and active movement.

# Move Many Ways

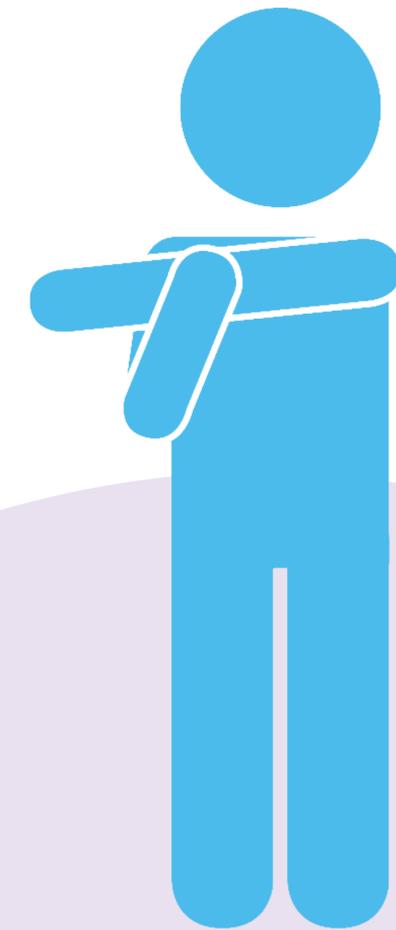
# Do a *fit*Boost to move your body!



**March in Place**



**Jump High**



**Arm Across Chest**

**From gardening to dancing to exercising, anything that gets you up and active is a *fit* move choice!**



# Move Your Body

Moving plays an important part in keeping your body and brain healthy.

Your muscles, bones, and brain all require movement to grow strong.





# Move Your Body

Have a *fit* mindset! Move many times and many ways throughout your day. Choose a way to move and make it fun!

HOW DO YOU MOVE YOUR BODY?

# Move to the Music

Show how much fun you can have while moving and have a mini dance party right now!

Go home tonight and dance with your friends and family.





*fit*<sup>TM</sup>  
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