



**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*TM
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