

MOVE YOUR BODY!

When we move, our bodies release chemicals that reduce stress and boost our happiness.

Setting aside time to move your body for 30 minutes each day can improve how we think, feel and act!

HOW DO YOU LIKE TO MOVE?

PLAY
TEAM
SPORTS

DO GUIDED
WORKOUTS

CROSS
COUNTRY SKI

MAKE
FUNNY
VIDEOS

HIKE THE
THE TRAILS

WALK
THROUGH
THE PARK

RIDE
YOUR
BIKE

WORK IN
THE GARDEN

ROLLER
SKATE

YOGA

DANCE
PARTIES

PLAY WITH
YOUR PET

REFLECT:

How do you like to move your body? (check all that apply)

- | | | |
|--|--|---|
| <input type="checkbox"/> Dance parties | <input type="checkbox"/> Walk through the park | <input type="checkbox"/> Do guided workouts |
| <input type="checkbox"/> Hike the trails | <input type="checkbox"/> Ride your bike | <input type="checkbox"/> Work in the garden |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Play team sports | <input type="checkbox"/> Play with your pet |
| <input type="checkbox"/> Go for a run | <input type="checkbox"/> Roller skate | <input type="checkbox"/> Cross country ski |
| <input type="checkbox"/> Make funny videos | <input type="checkbox"/> Others? _____ | |

Fill out this calendar with when and how you plan to move for the next week:

MON	TUES	WED	THURS	FRI	SAT	SUN

1. What do you need and what can you do to be successful in following through with your plans?

CHALLENGE:

Move with someone this week! Who are you going to ask to move with you?

