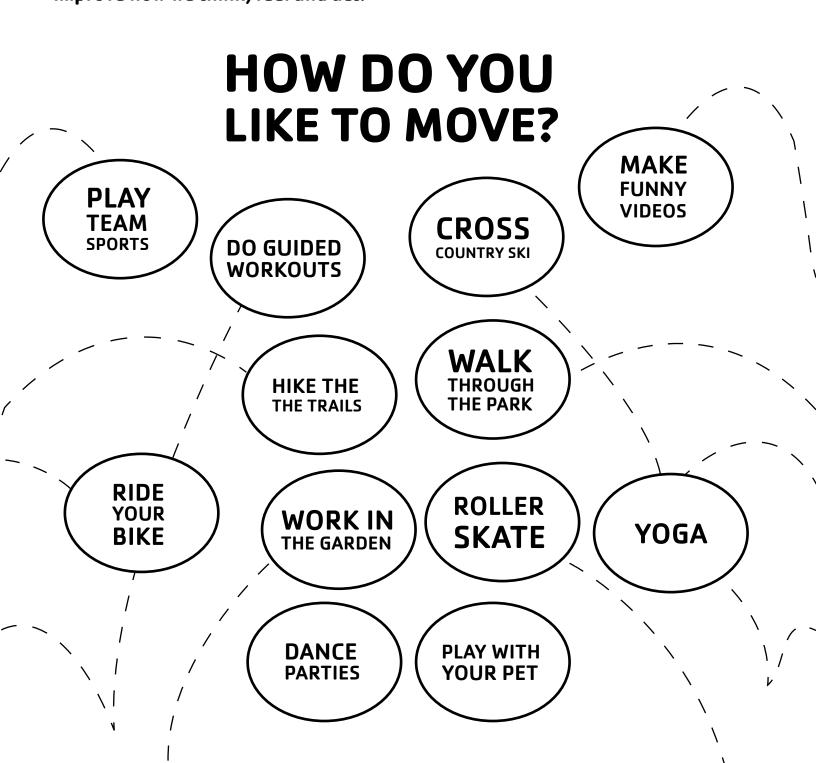
MOVE YOUR BODY!

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!



REFLECT:							
How do you	like to move y	our body? (ch	eck all that ap	ply)			
Dance parties		Walk through the park		Do g	Do guided workouts		
Hike the trails		Ride ye	Ride your bike		Work in the garden		
☐ Yoga		☐ Play te	☐ Play team sports		Play with your pet		
Go for a run		Roller	Roller skate		Cross country ski		
Make	funny videos	Others	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 with you	•	what can you	u do to be succ	essful in foll	owing throug	jh	

CHALLENGE:

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



