

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)

- Dance parties
- Walk through the park
- Do guided workouts
- Hike the trails
- Ride your bike
- Work in the garden
- Yoga
- Play team sports
- Play with your pet
- Go for a run
- Roller skate
- Cross country ski
- Make funny videos
- 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?

