



Helping families eat well and be active

Let's try to do 100 moves

You can move in so many ways. Make up your own ideas for how to move around.
Let's do each idea on your list 10 times.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

