

MY WEEKLY BODY MOVEMENT

BODY MOVEMENT IDEAS

- 1.
- 2.
- 3.
- 4.



Track the days you do body movement activities here!

SUN	MON	TUES	WED	THURS	FRI	SAT

TIP

- Schedule a movement break after lunch & dinner! This can prevent over eating and is a great way to connect with the family.
- Develop a schedule! Doing a movement break at the same time each day helps make it a habit.

BODY MOVEMENT IDEAS

Getting our bodies moving is important for a healthy lifestyle. There are tons of ways to get your body moving everyday. Brainstorm four other fun Body Movement Ideas you can do!

PLAY OUTSIDE

GET THE MAIL

WALK THE DOG

GO FOR A WALK OUTSIDE

DANCE PARTY

SLEDDING

YOGA

PLAY IN THE SNOW