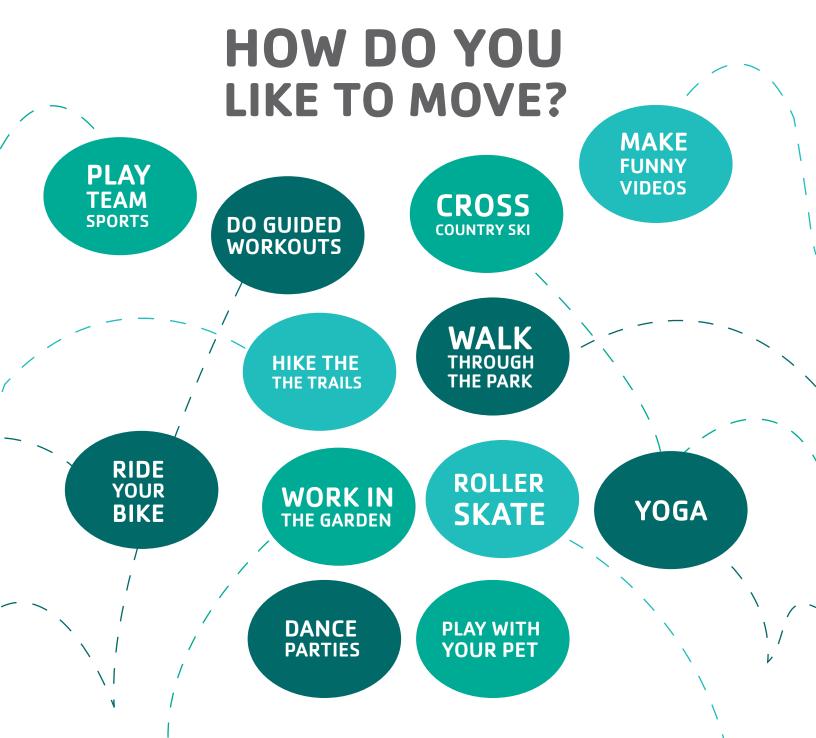
## MOVE YOUR BODY!

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 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?



