

*fit*Club 4Boys Leader Cards



High Knees



fit tip: When watching TV, MOVE during the commercials.



10

Leader Prompt: You can do short bouts of moving throughout the day to get in your 60 minutes.

Note: Make sure to add in your arms.

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MOVE
Your Body

Jump High



fit tip: After school, MOVE for 20 minutes to focus your mind.



8

Leader Prompt: Moving helps your brain focus and remember.

Note: Add in your arms when you jump!

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MOVE
Your Body

Run in Place



fit tip: **MOVE Your Body.** Run in place for 5 minutes.



10
seconds

Leader Prompt: Moving gives your heart the exercise it needs. **MOVE** to get your heart beating faster and stronger.

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MOVE
Your Body

Squats



fit tip: MOVE Your Body. Make moments to MOVE in your day.



8

Leader Prompt: Moving a little bit throughout the day is a great way to get energy.

Squat Safety: Pretend to sit in a chair. You should be able to see your toes when you squat down!



MOVE
Your Body

Dance Crazy



fit tip: Tonight, make up a fun fitness circuit with your MOVE cards.



10
seconds

Leader Prompt: Find fun ways to MOVE to keep you motivated to MOVE.



MOVE
Your Body

Push-ups



fit tip: Feeling tired? MOVE to get some energy.



6

Leader Prompt: Moving helps build your muscles and gives you energy.

*Push-Up Safety: Make sure your shoulders are over your wrists!
You can always do push-ups on your knees.*



MOVE
Your Body

Arm Circles



fit tip: Bored? Put on some music and get moving.



12

Leader Prompt: Adding some music makes moving more fun.

Note: You can make either small or big circles!

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MOVE
Your Body

Pretend to Jump Rope



fit tip: Make moving fun. Jump rope to the beat of your favorite song.



10

Leader Prompt: When you make moving fun, it is easier to talk yourself into moving more often.



MOVE
Your Body

Pretend to Dribble a Ball

fit tip: Add some fun to your MOVE. Pretend to dribble and shoot some hoops.



10
seconds

Leader Prompt: Just because you don't have equipment, it doesn't need to stop you from moving.



MOVE
Your Body

Toe Touches



fit tip: Before dinner, turn off your phone. Put on some music and MOVE.



8

Leader Prompt: Finding moments to MOVE throughout the day can quickly add up to 60 minutes.



MOVE
Your Body

March in Place



fit tip: Tonight, turn off the TV. Put on some music and MOVE instead.



10
seconds

Leader Prompt: Moving is great for your lungs.
Find moments to MOVE in your day.

Note: Make sure to add in your arms!

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MOVE
Your Body

Hula Hoop



fit tip: In the morning, get your blood moving by hula hooping
12 circles.



12

Leader Prompt: Moving in the morning gets you energized for your day.



MOVE
Your Body

Butt Kicks



fit tip: After school, pick your favorite *fit* MOVE and do it 10 times.



10

Leader Prompt: Moving is great for your heart.
Try to find moments to MOVE in your day.



MOVE
Your Body

Pretend to Play Soccer



fit tip: You don't need equipment to MOVE. Go outside and make up a new MOVE game.



10
seconds

Leader Prompt: Moving is something you can do whether you have equipment or not. All you need is your imagination.



MOVE
Your Body

Jumping Jacks



fit tip: Before doing your homework, MOVE to get some brain energy.



10

Leader Prompt: Moving is a great way to reboot your energy.



MOVE
Your Body

High Reaches



fit tip: When you wake up, start your day with some high reaches.



5

Leader Prompt: Moving in the morning helps to give you energy to get going in your day.

Note: Rise on your tip toes when reaching high!

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MOVE
Your Body

Overhead Reaches



fit tip: Stretch before sitting down to do homework.



6

Leader Prompt: Moving is a great way to get your brain focused to do homework.

Note: Alternate between each side!

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MOVE
Your Body

You Choose!



fit tip: Next time your favorite song comes on, stand up and dance.

What are you
going to do?



10

Leader Prompt: Moving can be made fun when you add in some creativity.



MOVE
Your Body

You Choose!



fit tip: Challenge yourself. See how high you can jump.

What are you
going to do?



8

Leader Prompt: Giving yourself challenges is one way to change up your moving routine.



MOVE
Your Body

You Choose!



fit tip: Challenge yourself. See how long it takes you to complete 6 hops on each foot.

What are you going to do?



6

Leader Prompt: Moving helps keep your body and mind healthy.



MOVE
Your Body