



*fit*Club 4Boys

**Take Home
*fit*Cards**

MOVE
Your Body





Jump High



8

**After school, MOVE for
20 minutes to focus
your mind.**





Push-ups

10



**MOVE to re-energize
your body and mind.**



Pretend to Dribble a Ball



12
seconds

**MOVE. Pretend to
dribble and shoot hoops.**





Hula Hoop



12

**Get your blood moving by
hula hooping 12 circles.**





Dance Crazy



12
seconds

**Make up a fun dance
with your MOVE cards.**



MOVE



Arm Circles

12



**Bored? Put on some
music and get moving.**



MOVE



Run in Place



10
seconds

**MOVE Your Body. Run
in place after school.**



March in Place



10
seconds

**Turn off the TV. Put on
some music and MOVE.**



MOVE



Squats



**MOVE Your Body.
Make moments to MOVE
in your day.**



High Reaches



8

**Start your day with
some high reaches.**



MOVE

Pretend to Play Baseball



10
seconds

Find fun ways to
MOVE in your day.



Pretend to Jump Rope



**Jump rope to the beat
of your favorite song.**





High Knees



10

**When watching TV, MOVE
during the commercials.**





Toe Touches

8

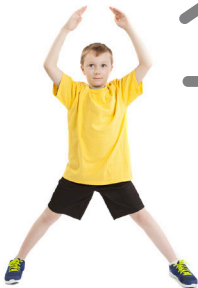


**Turn off your phone,
put on some music,
and MOVE.**



MOVE

Jumping Jacks



10

**MOVE to get
some brain energy.**



MOVE

Pretend to Play Soccer



10
seconds

Find moments to
MOVE in your day.





Butt Kicks



10

**Pick your favorite *fit*
MOVE and do it 10 times.**



Overhead Reaches



8

**Get focused.
Stretch before doing
your homework.**



MOVE



Karate Kicks



10

**Pick your favorite *fit*
MOVE and do it 10 times.**





You Choose!

10



**MOVE to re-energize
your body and mind.**



MOVE