

MOVEMENT

~ Poster ~



Find activities
that you enjoy
with friends and
family



Activity is
REALLY good for
your body and
mind

Any activity that
involves moving
your body is
movement

There are things
to do that are
free, easy and
indoors



Scan or **CLICK HERE**
for activity ideas

Make a plan today!
What one thing
could you do to be
more active?

