



Helping families eat well and be active

## 100 moves for preteens and teens – make your own

Let's try to do 100 moves

You can move in so many ways. Make up your own ideas for how to move around.

Let's do each idea on your list **10 times**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

98 99 100

