



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Get Up-Get Moving

What happens to your body when you choose to move?! Click the link below to learn more:

<https://fit.sanfordhealth.org/resources/what-happens-to-your-body-when-you-exercise>

Now it's time to Get Up and Get Moving click the link below to get moving and have fun!

<https://fit.sanfordhealth.org/resources/fit-workout-body-workout-video>

Challenge yourself this week to get moving for 1 hour each day!

