



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## May in Action!

Here is a great tool to help you and your family stay motivated at home this month. These daily movement ideas are an easy way to encourage physical activity.

Share these simple ideas with your friends and families this month!

May in Action Calendar:

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/May-2020-Elementary-Calendar-English.pdf>

