



# Being Active is Fun



I agree to be a MOVE-IT kid! I will aim for 60 MOVE-IT minutes throughout the day. I know that there are lots of fun ways to Move-It like riding my bike, playing fetch with the dog or even jumping on one leg. Moving and being active burns calories, strengthens muscles and is good for my entire body.

Parent's Name \_\_\_\_\_

Child's Name \_\_\_\_\_



# Agreement

