



WIN the Home: Move Your Way Every Day



Name _____

I have been learning about many ways we can be physically active. There are lots of activities we do every day, like cleaning the house, shoveling snow, riding bikes, gardening, walking. Sometimes we do organized activities like basketball or an exercise class.

Will you answer some questions about physical activities you like to do? Remember, physical activity is more than just exercise.

1. When you were my age, what were some of your favorite physical activities?



2. What are some of your favorite physical activities now?

3. Is there a physical activity you like to do that you could teach me and/or my friends? Let's set a time to do this and write it on the calendar.

4. What are some physical activities we can do together? (I can help with ideas for this question too.) Let's set a time to do this and write it on the calendar.

