

School Health Promotion Morning Announcements

MAY: We Are Made to Move!



Short (#2):

[Start speaking here.]

May is National Physical Fitness and Sports Month. We need to move at least 60 minutes every day! And, a few minutes of activity at a time, spread out across the day, can add up!!

Here are some ideas to get moving:

- Jog in place.
- Pretend to jump rope in place.
- Do jumping jacks.
- Pretend to swim with your arms while sitting down.

Remember: we are made to move! Just 15 minutes of moving, 4 times a day, will make you feel better and help you do better in school.

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