

Get Out and Play!



**LET'S
MOVE!**



There are small steps we can take to treat our bodies better, including playing outside, eating healthy foods, and encouraging friends and family members to stay active and eat well.

Physical activity is an important part of staying healthy. The First Lady's *Let's Move!* initiative inspires kids and families to get active by making physical activity a part of your everyday life.

How do you stay active?

1. _____
2. _____
3. _____

To learn more about the First Lady's *Let's Move!* initiative and to get your friends and families involved, visit www.letsmove.gov