

Active Living

Healthy choices influence our physical, emotional, and mental well-being. Daily participation in different types of physical activity influences our personal health goals, and contribute to our success and enjoyment of physical activity.



In each box, sketch and/or write about your favourite ways to move!

It might be something more organized like a sport, or it may be more unstructured like climbing a tree!

Do you prefer to be active with others, or alone?

Do you ever create goals for your activity? How do you know when you're finished with your activity?

Here are some more ideas for getting moving at home:

- For a dance/music-based workout, check out *The Fitness Marshall* videos on YouTube. They are short videos with just one song per video, but pick out a few songs you like and get to it!
- Slow it down and take a brain break with *Yoga with Adriene*:
<https://www.youtube.com/watch?v=ZK2XBduF84I>