

# MOVE TO THE BEAT!

## GOAL

**2** Aim to limit TV watching or computer use for fun to **2** hours or less each day

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

### ACTIVITY: DANCE, DANCE, DANCE!

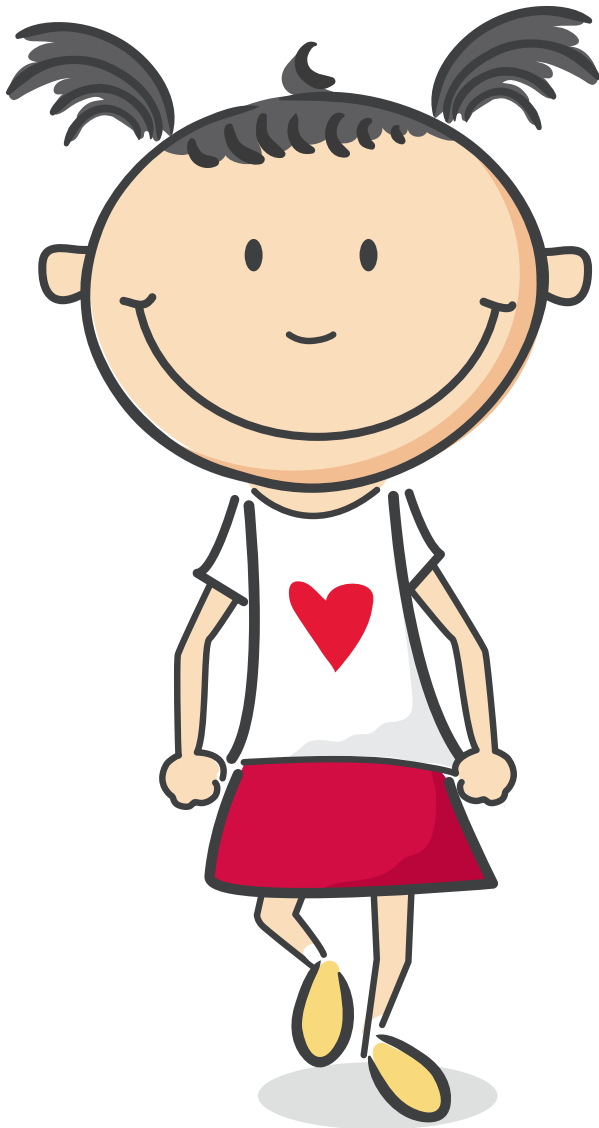
For this activity, try to dance as much as possible throughout the day! Turn on some music and dance on your own or with friends. Dance while you talk on the phone, watch TV or clean your room. Then try to make up your own dance and give it a name!

How many minutes in the day do you think you danced? \_\_\_\_\_

What is the name of the dance you created?

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**Tip:** Who says you have to play sports to have fun and be fit? There are lots of great ways to put more action in your life. Being active helps you build strong bones and muscles. It also helps you feel your best and it helps give you more energy to do other things. Keep moving and your body will thank you!

