Move Together Anytime!

Incorporate physical activity into your everyday routines with these fun, easy ideas that will help lay the foundation for an active and healthy lifestyle.

➜ **Rise and stretch!** Start the day by doing some quick morning stretches together. Say, “Reach your arms up high to touch the sky! Reach down low to tickle your toes.”

➜ **Jump to the car.** Instead of walking to the car, bus, or subway, encourage your child to jump like a frog or hop like a bunny. These movements will strengthen his leg muscles and help your child wake up!

➜ **Parade to dinner.** As meals are being prepared, use this time to encourage your child to march around the table to celebrate the fun of a family meal.

➜ **Row, row, row to the bath.** Ask your child to pretend she’s rowing both of you toward the bathtub. Sing, “Row, row, row your boat…to the tub with me. Clean, clean, clean, clean…that’s what you will be!”

➜ **Have a pajama party!** Before bedtime, put on your pajamas, turn on some music, and dance!

**TRY THESE MOVES TOGETHER! CUT OUT THE CARDS BELOW AND BRING THEM WITH YOU TO USE ANYTIME, ANYWHERE.**

- **Picking Fruit with Elmo:** Reach your hands up and jump in the air. Pick an apple or a pear!

- **Abby’s Flying Fairies:** Abby Cadabby flies way up high! You can, too! Stretch your wand up to the sky.

- **Rosita Does a Super Twist:** Twist your torso side to side, with your arms open wide!

FOR MORE FUN TIPS, VIDEOS, AND RESOURCES TO HELP KEEP YOUR CHILD ACTIVE, VISIT SESAMESTREET.ORG/HEALTHYHABITS AND LIKE US AT FACEBOOK.COM/HEALTHYHABITS4LIFE.