



Boost Your Activity

In this activity, you'll explore different ways to keep moving by creating your own list of **Activity Boosters**—brief, easy activities that fit into your daily routine. These small movements can add up to big benefits for your health and energy levels.

Look at the examples provided, then create a personal list of up to 10 **Activity Boosters** that work best for your lifestyle. Get ready to stay active, feel better, and boost your day with movement!

Create Your Custom List of Activity Boosters

Activity Booster 1:

Activity Booster 2:

Activity Booster 3:

Activity Booster 4:

Activity Booster 5:

Activity Booster 6:

Activity Booster 7:

Activity Booster 8:

Activity Booster 9:

Activity Booster 10: