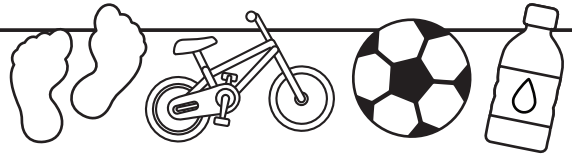


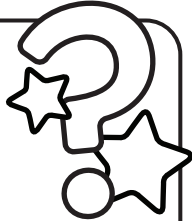
TOYS R US CELEBRATES: Move More Month

WHY ARE WE CELEBRATING?



Moving your body is fun and healthy, and Move More Month is all about inspiring people to get up and get active.

5 MOVE MORE MONTH FACTS:



- **Move More Month** was created by the American Heart Association to raise awareness of all the benefits physical activity offers.
- Regular exercise can build strength, help you breathe, better your posture and flexibility, and **increase your overall health**.
- Movement and exercise can look like a lot of different things—walking, running, riding a bike or scooter, swimming, skateboarding, jumping rope, playing sports. **It's all good!**
- You want to aim for an hour of movement a day. A few days a week, that movement should include **aerobic activity**—anything that really gets your heart pumping.
- **Moving your body is great for mental health too.** It can reduce stress, help you pay attention, improve self-esteem, enhance your memory, and boost your mood.

5 ACTIVITIES YOU CAN DO:



- **Try a sport you've been curious about.** Pick up a pickleball paddle or try your hand at softball. It might become your favorite school sport or even a lifelong activity!
- **Do a physical activity you've never done before to see if you like it.** Practice some yoga poses, take a dance class, or learn to bowl.
- **Get the wheels turning!** Go roller skating, learn a new trick on your scooter, or spend an afternoon at the skate park.
- **Go for a family bike ride.** Map your route ahead of time, choose a fun destination, and don't forget to wear your helmet!
- **Creating an obstacle course is fun for the whole family!** Outdoors you can incorporate play equipment and bikes or scooters. Indoors you can use masking tape to create paths, and incorporate hopping, crawling, and jumping.

Move More Month **WORD SEARCH**

Test your knowledge with our Move More Month word search!

Find the following words hidden in the puzzle.

AEROBIC

MOOD BOOSTER

SELF ESTEEM

EXERCISE

MOVE MORE

SKATE

HEALTH

RIDE

STRENGTH

JUMP

RUN

WALK

F	U	I	F	S	Y	O	S	A	E	N	Y	W	P	J	L	I	Y	Q	S
N	J	U	M	P	L	I	L	A	X	M	I	V	P	W	N	F	O	D	R
C	E	C	B	F	T	H	D	G	E	F	B	A	C	M	V	R	L	W	H
W	K	O	X	J	Y	E	Q	F	R	Q	Z	L	E	Z	E	Q	Z	U	K
O	E	S	A	T	C	A	X	U	C	A	E	R	O	B	I	C	M	A	U
G	E	X	F	Z	L	L	E	M	I	X	Q	R	G	C	E	K	L	M	K
L	X	W	G	A	V	T	M	H	S	B	Z	T	R	U	N	Z	Y	J	Y
Y	R	M	E	S	K	H	L	O	E	S	E	L	F	E	S	T	E	E	M
D	B	H	C	U	V	K	N	F	O	P	N	H	G	V	W	F	V	M	S
L	Y	T	Z	D	U	V	K	S	I	D	M	U	Y	R	U	Q	K	V	R
B	M	O	V	E	M	O	R	E	S	K	B	G	Y	L	G	V	R	U	N
M	W	D	W	L	R	E	P	W	I	C	M	O	O	Y	B	J	U	L	K
G	X	S	T	R	E	N	G	T	H	U	O	K	O	I	O	J	Y	G	O
M	U	F	Z	E	J	A	Q	J	X	F	N	I	Y	S	U	H	T	T	N
Q	M	J	T	X	V	E	O	G	W	X	Q	F	T	B	T	V	C	J	Z
G	V	R	U	W	H	G	I	L	A	S	T	Z	N	V	Q	E	B	C	A
I	A	S	K	S	X	V	P	W	L	K	J	E	F	N	T	G	R	B	S
Y	I	J	L	G	A	Z	L	O	K	A	B	S	G	Y	G	R	D	T	O
G	J	D	S	R	I	D	E	V	S	T	B	X	W	W	Q	L	K	J	C
W	T	G	O	I	B	R	J	Y	A	E	K	H	G	C	G	E	X	B	O

Move More Month **WORD SEARCH**

ANSWER KEY

AEROBIC

MOOD BOOSTER

SELF ESTEEM

EXERCISE

MOVE MORE

SKATE

HEALTH

RIDE

STRENGTH

JUMP

RUN

WALK

F	U	I	F	S	Y	O	S	A	E	N	Y	W	P	J	L	I	Y	Q	S
N	J	U	M	P	L	I	L	A	X	M	I	V	P	W	N	F	O	D	R
C	E	C	B	F	T	H	D	G	E	F	B	A	C	M	V	R	L	W	H
W	K	O	X	J	Y	E	Q	F	R	Q	Z	L	E	Z	E	Q	Z	U	K
O	E	S	A	T	C	A	X	U	C	A	E	R	O	B	I	C	M	A	U
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Y	R	M	E	S	K	H	L	O	E	S	E	L	F	E	S	T	E	E	M
D	B	H	C	U	V	K	N	F	O	P	N	H	G	V	W	F	V	M	S
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G	X	S	T	R	E	N	G	T	H	U	O	K	O	I	O	J	Y	G	O
M	U	F	Z	E	J	A	Q	J	X	F	N	I	Y	S	U	H	T	T	N
Q	M	J	T	X	V	E	O	G	W	X	Q	F	T	B	T	V	C	J	Z
G	V	R	U	W	H	G	I	L	A	S	T	Z	N	V	Q	E	B	C	A
I	A	S	K	S	X	V	P	W	L	K	J	E	F	N	T	G	R	B	S
Y	I	J	L	G	A	Z	L	O	K	A	B	S	G	Y	G	R	D	T	O
G	J	D	S	R	I	D	E	V	S	T	B	X	W	W	Q	L	K	J	C
W	T	G	O	I	B	R	J	Y	A	E	K	H	G	C	G	E	X	B	O