



# MOVE IT OUTSIDE

A day spent playing outdoors is a great way to get exercise. Chasing a ball, riding a bike, playing tag or visiting the playground beats watching TV any day! Unplug and head outdoors to celebrate and reconnect with nature.

DATE: \_\_\_\_\_

For more information on bringing healthy choices to life, visit: [med.psu.edu/PROwellness](http://med.psu.edu/PROwellness)



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