



Turn off the TV or computer screen and head outdoors to celebrate **Move It Outside** on **May X, 202X**! Schools, youth and community groups throughout the Commonwealth of Pennsylvania hold outdoor activities to encourage youth to increase activity levels and reconnect with nature. Join the movement by hosting an outdoor activity in your community and spread the message by using hashtag **#MoveItOutside**.

### Tweets

Use these sample tweets to get your followers involved in **#MoveItOutside**.

- Let's get proactive and more physically active! **#MoveItOutside #ActiveKids**
- Get your feet moving, blood pumping, and mind moving! It's **#MoveItOutside Day!**
- **Rain or Shine, physical activity should always be on your mind. #MoveItOutside**
- Did you know you could burn 7 calories a minute hula hooping? **#MoveItOutside**
- Reconnect with nature and **#MoveItOutside. #ScreenFreeWeek**

### Facebook Posts

Use these sample Facebook posts to encourage staff, students and family participation for your **#MoveItOutside** event:

- Set a timer for maximum amount of screen time. Have your kids spend less time watching TV or using the computer and more time being active outside. **#MoveItOutside**
- Did you know that being outside on a sunny day can help increase your productivity as you become more calm and focused? Do you need another reason to **#MoveItOutside?**
- Gather your friends and **#MoveItOutside!** There are a variety of activities you can participate in to stay active, including walking, riding bike, playing a sport or even taking part in a scavenger hunt!
- There are many benefits to playing outside, including increased creativity, social skills, independence and overall well-being. **#MoveItOutside**



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