

# CHOOSE YOUR MOVE

*Promoting Physical Activity in Children and Youth  
It's a World of Fun!*



Phone: (517) 347-7891  
(877) 4MI-EPEC  
Fax: (517) 347-8145  
www.michiganfitness.org

**CHOOSE YOUR MOVE** is a multi-faceted program aimed at promoting fun, as well as physical activity. The purpose of the **CHOOSE YOUR MOVE** program is to help children and youth be physically active. It is designed as non-competitive, circuit-training workouts to be played in after-school settings. It is ideal for weekend and summer programs as well. In addition to becoming more physically fit, participants gain knowledge about countries, sports, muscle locations and exercises.

An added feature of the **CHOOSE YOUR MOVE** program is its emphasis on personal/social skills. Each session, students learn more about being healthy citizens based on the acronym RESPECT.

Each **CHOOSE YOUR MOVE** set includes:

- 1 Facilitator's Guide (including 16 lessons)
- 1 20" x 26" Laminated Game Board
- 14 11" x 17" Laminated Posters including:
  - 1 warm-up poster
  - 1 cool-down/flexibility poster
  - 12 station posters
- 1 11" x 17" Healthy Citizenship Laminated Poster
- 12 Activity Cards
  - 1 Activity Log Master (printed back-to-back; cut in half before distributing)
  - 1 CD-ROM (includes Activity Log in pdf format; print back-to-back and cut in half before distributing)



<b>Cost:</b>						
\$120 (plus \$10 shipping and handling per set ordered)						
Cost	+	S&H	x	Quantity	=	Grand Total
\$120	+	\$10	x	_____	=	_____

Order **CHOOSE YOUR MOVE** today!

Name: \_\_\_\_\_ School District: \_\_\_\_\_

Home Address: \_\_\_\_\_ School Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ School Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ School Phone: \_\_\_\_\_

Method of payment:  Purchase Order/Check (attached)

Visa/MC: acct. # \_\_\_\_\_ exp. \_\_\_\_\_

Signature \_\_\_\_\_

**Mail Order Form & Payment to:** Michigan Fitness Foundation, EPEC Coordinator, P.O. Box 27187, Lansing, MI 48909  
Phone: (517) 347-7891 or (877) 4MI-EPEC Fax: (517) 347-8145 www.michiganfitness.org