

Eat Smart. Play Hard.TM Power Up Moves





Nothing beats

(cross hands in front)

**Eating
smart**

(rub belly)





**It's good for
your head,**

(point to head)

***And good for
your heart.***

(cross hands over
chest)





**Hands up
high,**

(jazz hands in air)

**Feet down
low,**

(march in place)





**Shake your
body.**

(shake entire body
up & down)

**Don't move
too slow!**

(continue shaking)

Nothing beats

(cross hands in front)





Playing hard

(arm curls)

***At home, at
school,***

**(thumbs up to the
right)**





**Or in the
yard.**

(thumbs up to the
left)

**Hands up
high,**

(jazz hands in air)





**Feet down
low,**

(march in place)

**Shake your
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(shake entire body
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**Don't move
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Great Job!

