



# RUN LIKE A JOB

**CHECK WHICH WAYS YOU CAN INCLUDE RUNNING IN YOUR DAY:**

- To or from school!
- When your pants are on fire!
- A part of a sport you play!
- When an alien is chasing you!
- Gym class at school!
- At home sometimes!
- When out with your dog!
- When you're late to go somewhere!
- When you're racing a yeti!
- Parks, playing outside!

**Can you name a few team sports that involve running?**

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**How could you put more running in your day for exercise? (See ideas from the checklist above!)**

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