



**Implement ACTIVE Life programs
that inspire & create ACTIVE healthy
lifestyles in your school & community.**

Reserve your ACTIVE Life Movement Kit Today!

Learn more » activelifemovement.org

ACTIVE Life[®]
Movement *Move. Fuel. Honor.*



Engage, empower, & enlist your youth, staff, & families to embrace & celebrate the ACTIVE lifestyle with our ACTIVE Life Movement Kit which includes over 150 TEKS - based lessons.

ACTIVE Like Me!

- » Physical activity & nutrition-based program for Elementary age
- » Theme-based games & activities

ACTIVE Sports

- » Alternative & traditional sports-specific skill development
- » Daily fitness, nutrition, respect concepts, leadership development

ACTIVE Family Club

- » Healthy fitness & nutrition concepts for families
- » Nutrition /fitness games & activities

ACTIVE Life Adapted Sports

- » Traditional & non-traditional sports adapted for physical & visually impaired youth
- » Supplemental ACTIVE Like Me lessons

**ACTIVE Life[^]
Movement**

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Providing youth & families with take home activities to help create a healthy home & community environment