

# VERB

## SO WHAT'S VERB?

It's about fun and getting out there and playing hard! VERB helps you find ways to do what you love to do, like dance, play basketball and bike. It also helps discover new ways to get active like frisbee, golf, skateboarding, yoga- whatever gets you moving!

### **INFORM**

Others about the numerous health benefits from regular physical activity.

### **ENCOURAGE**

Others to look for a variety of ways to be physically active everyday- competitive or non-competitive.

### **REMIND**

Others that healthy habits are developed during childhood and can last a lifetime.