

## Moving for Health

### Helpful Materials

None required

### Number of Participants

This activity works with any number of people.

### Amount of Time

5 minutes or longer

In this activity we'll ask ourselves "what are healthy choices we can make to take good care of ourselves?" In small groups invite participants to create one movement that represents a healthy habit to prevent cancer or to decrease cancer risk.

As a reminder, Healthy activities to prevent cancer or decrease cancer risk include:

- Diet-Eating plants, berries, greens, fruits, and vegetables.
- Alcohol-Choosing not to use alcohol.
- Tobacco-Choosing to be tobacco free.
- Exercise-Being physically active.
- Sun Safety-Using sunscreen to protect your skin from the sun's harmful rays.
- Screening Exams-Having recommended screening exams.

The acronym D.A.T.E.S.S. can help participants to remember wellness choices.

Each movement can include between 1 and 5 people. After the movements are created, each group shows their movement with the number of people it takes to do that movement and gives the movement a name. It is helpful to have 5 or 6 healthy habit movements with different numbers of people required for each movement.

The caller states a movement and participants look for that number of players to create the move. The game can be played cooperatively and everyone stays in the game or it can be competitive and if a person is not matched with other people to make the required movement they are out of the game.

Examples of healthy habits movements that can be used for this game are listed below. Movements can be changed or adapted for healthy activities in different regions.

**'Chilin'** - 1 person move. Each person walks around looking very relaxed.

**'Screening'** - 2 person move. Both people link their arms and walk together in support.

**'Fishing'** - 3 person move. 1 person driving the boat. 1 person fishing. 1 person is swimming like the fish.

**'Family'** - 3 person move. Two people join hands to make a house and 1 person sits under the house.

**'Berry Picking'** - 4 person move. One person makes a bucket with their hands. One person acts out picking berries and putting them in the bucket. One person acts out eating the berries from the bucket. One person is looking for bears.

This activity can be followed by using the talking journey questions: What stood out for you? What surprised you? What insights did you learn? How can you use this activity to support community wellness? Thank people for their participation and sharing.