

Fun Activities to Get You Moving!

Rheumatic Disease Awareness Month is in September, which is a great time to participate in an activity you enjoy and to get your body moving! *Kids can have rheumatic disease, too.*

INSTRUCTIONS: Read about and color each activity using your favorite colors. Which activity would you enjoy doing the most to get your body moving in a fun way?



Swimming is a fun way to cool off and get your whole body moving.



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Taking a **brisk walk** feels good on a warm day and helps move your joints.