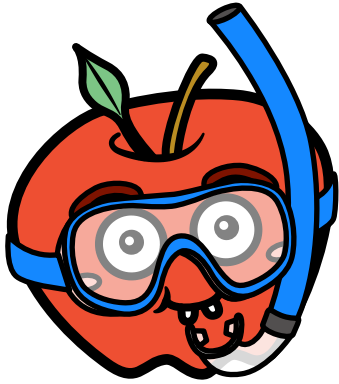


Make time for play every day!



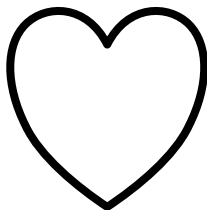
Get 1 hour or more of physical activity every day! If you're active as a kid, you're more likely to be active as an adult.

What's your favorite way to play?
Draw it here!

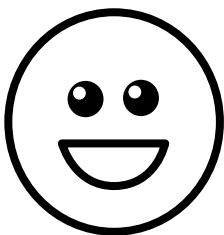
Why it's important to move your body...



It makes you stronger!



It makes your heart happy!



It makes you feel good!



Circle all the ways you like to move!

- Playing in the snow
- Yoga
- Playing a sport
- Riding my bike
- Walking with my family
- Hopscotch
- Dancing
- Running
- Swimming
- Jumping rope
- Going to the park

