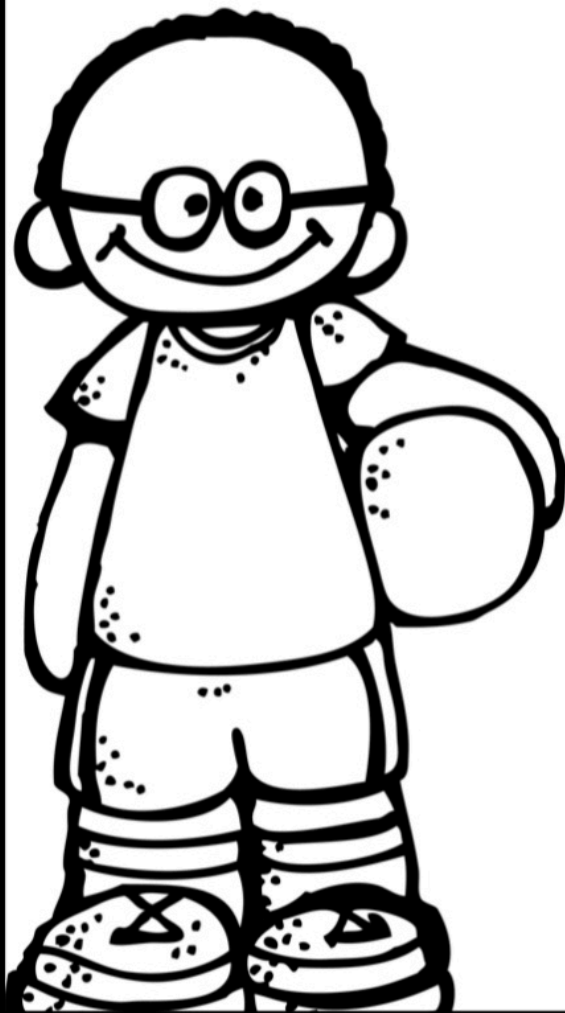


FRIDAY

Be Active

Why is it important to stay active?
What ways do you enjoy being active?



*List a few of the fun exercises
you could do to get
active today...*

