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Whatever your style, whatever you play, choose to be active 60 minutes a day.

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Practice builds skills!

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It's way more fun to move with skill, to move with flow and get the feel.

But you've got to practice; that's the deal!

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Skills are learned by giving good tries. Improve your skills with practice; that's wise!

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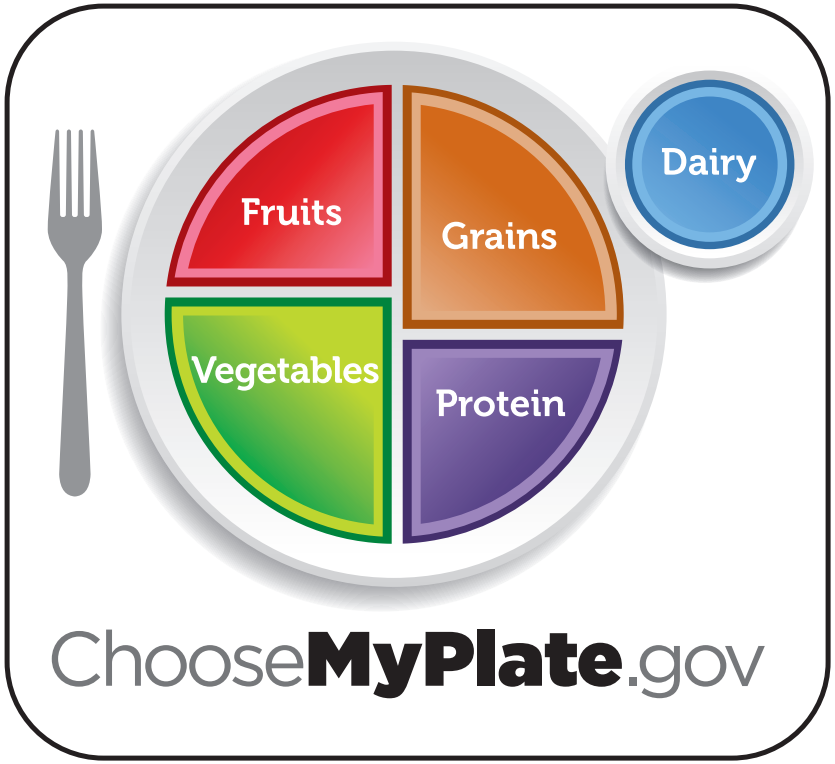
There's a color in MyPlate for each food you eat,

and eating from each is hard to beat!



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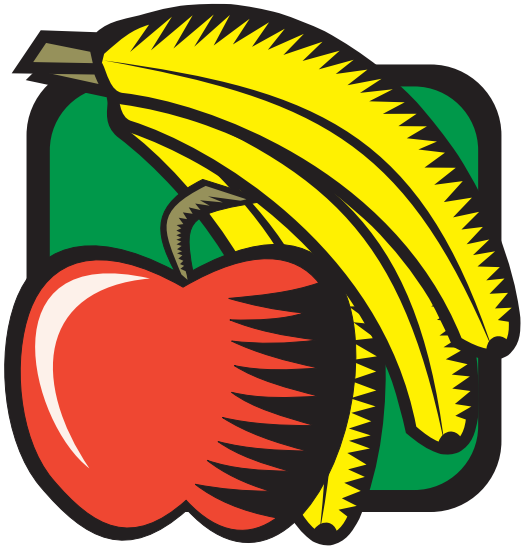

Fruits and veggies with color locked in have vitamins, minerals, and energy to help our bodies win!

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Safety is key for staying healthy!

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Emphasize safety!

You can't help your team or play with your friends

if you have to wait for injuries to mend!

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I can!

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Self-confidence is important; we know that's true.

Self-confidence means believing in what you can do!

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Don't get down on yourself—give yourself cred. Keep it positive with a pep talk in your head!