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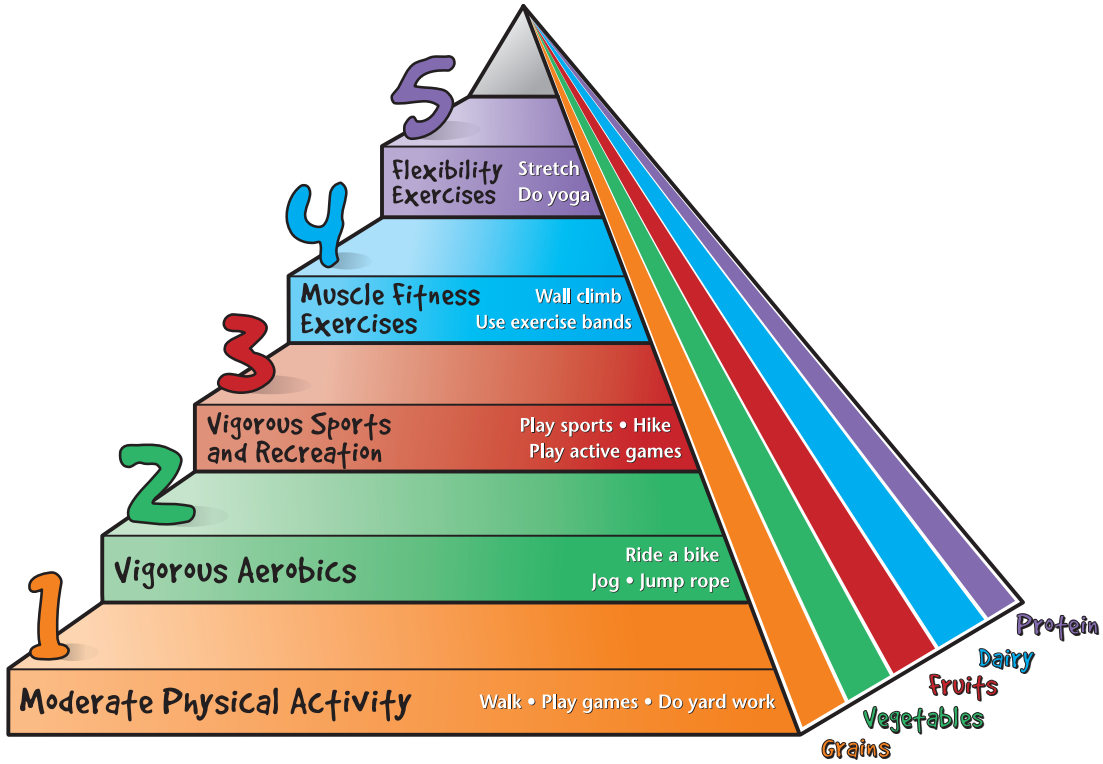
Physical Activity Pyramid: Make some activity vigorous!



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Get your body moving!

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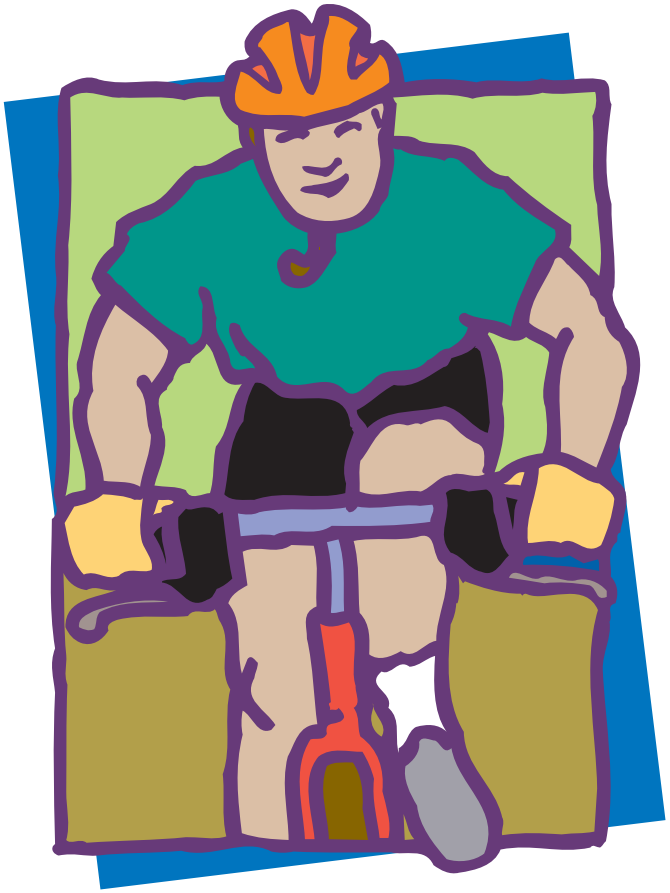
Being active is a great start!

Being active builds my heart!



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If it makes you breathe hard and sweat,

it helps your brain and body, you bet!

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The more you practice, the better you play; practice, practice every day!

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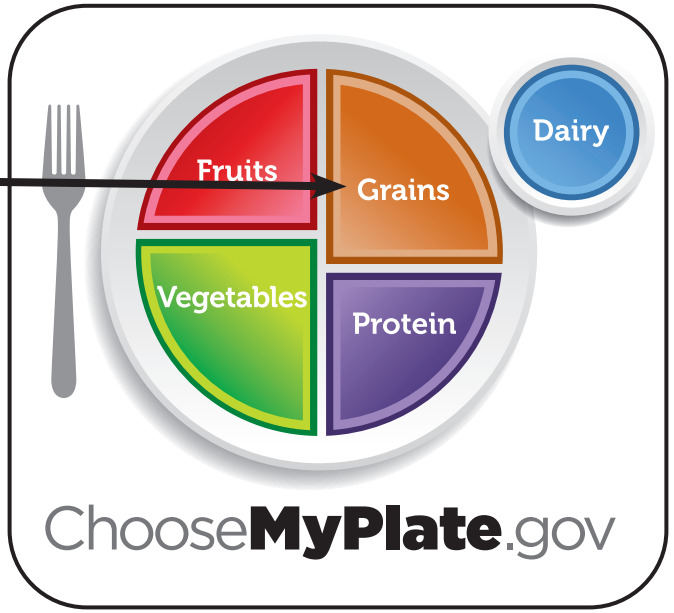
Orange is for grains!



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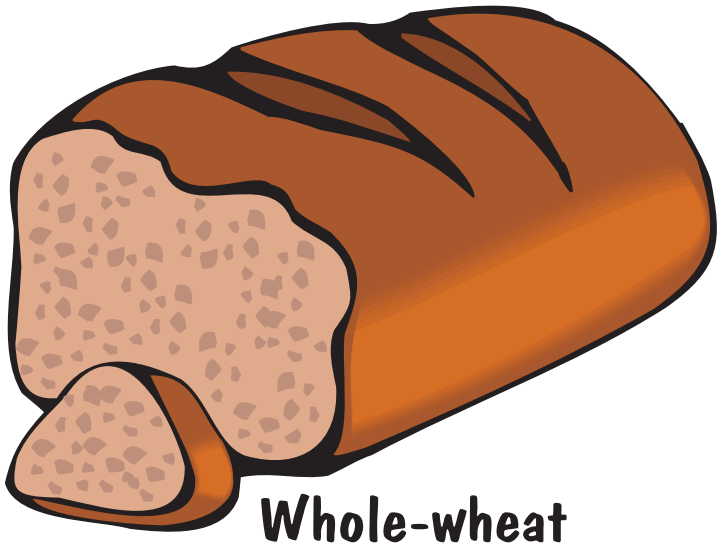
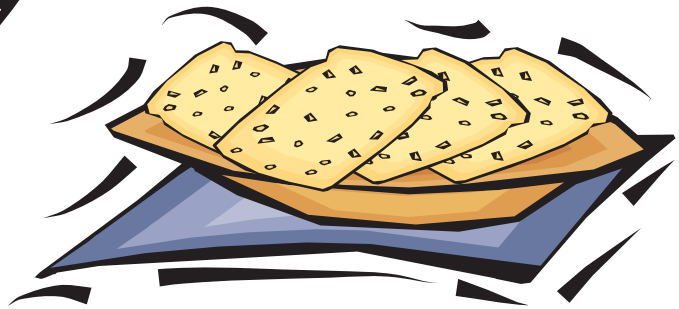
Make half your grains whole!

Oatmeal



Whole-wheat bread



Whole-wheat crackers

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Avoid empty calories!

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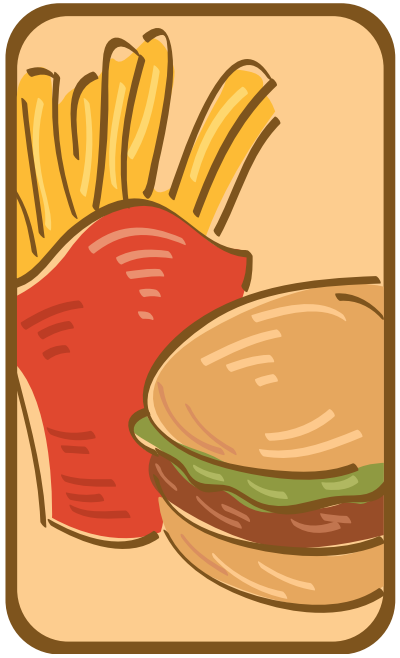
Some fats are good, some fats are bad.

What kind of fats has your body had?



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Break the fast with breakfast!

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Making your heart beat fast helps your body last!

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A healthy heart is a happy heart!

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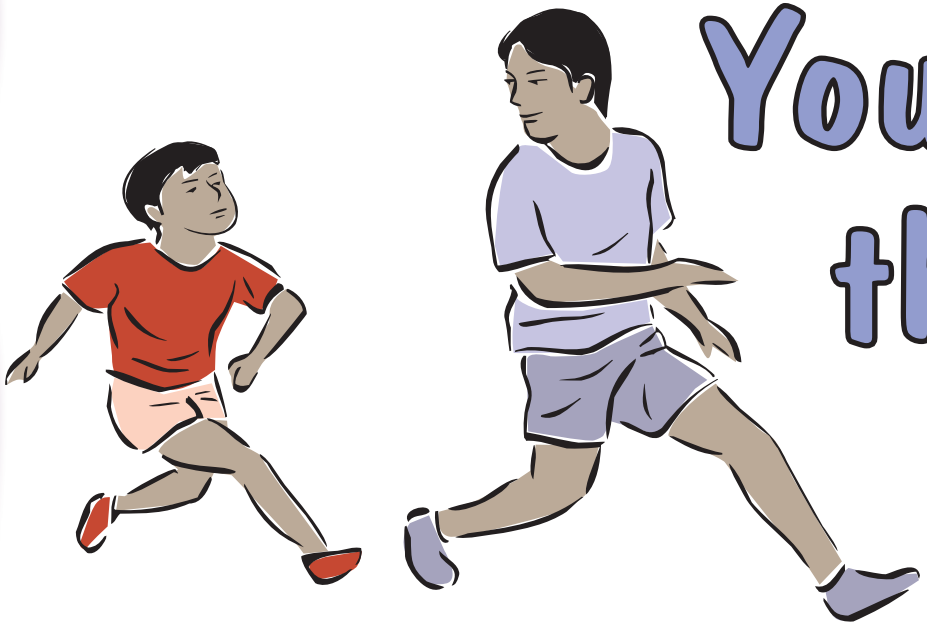
Exercising your heart daily really pays.



Your heart will thank you in many ways!

From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics).

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Keep on going to get fit.

Never give up!

Never quit!