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A healthy mind needs a healthy body!

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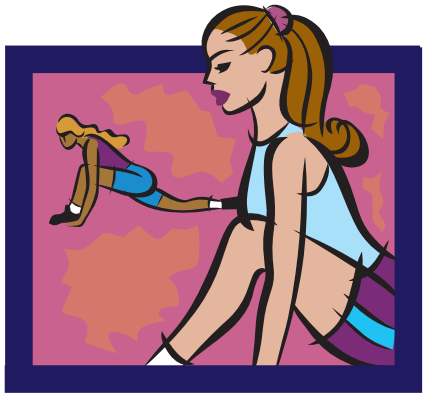
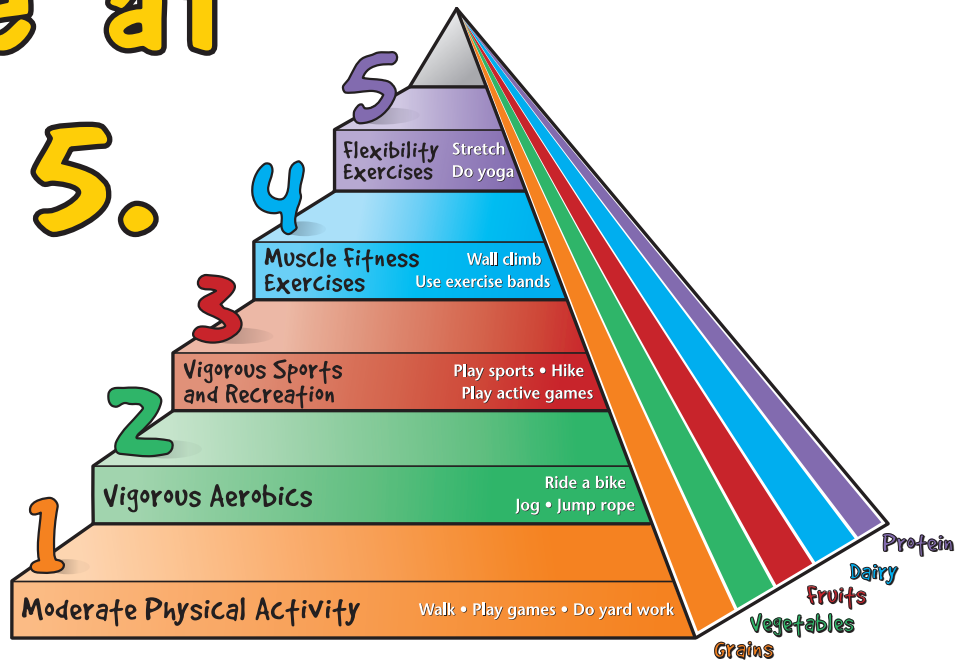
Physical Activity Pyramid for Kids: Muscle fitness and flexibility exercises are at steps 4 and 5.





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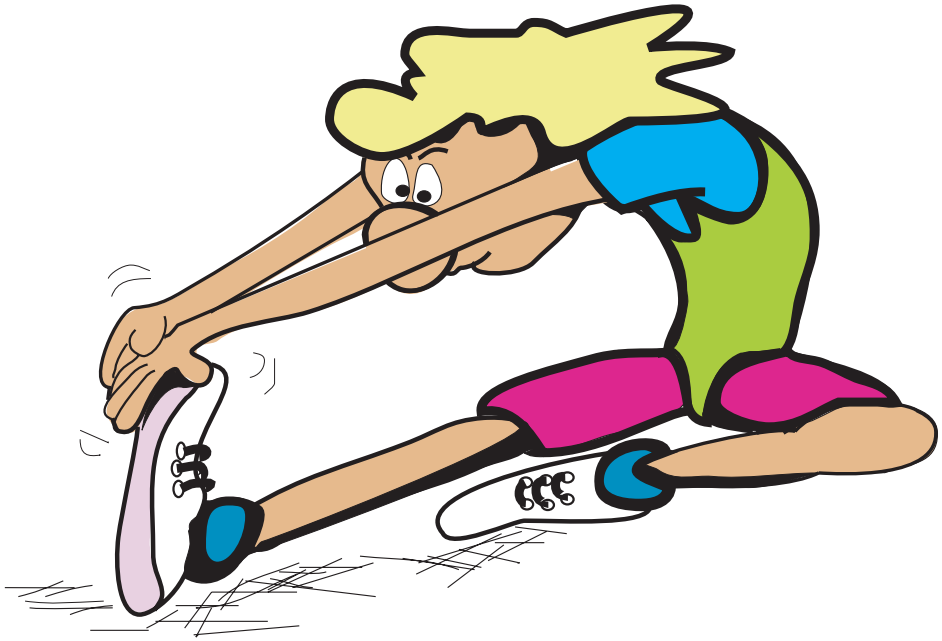
Take care of your muscles. Warm up before playing sports!



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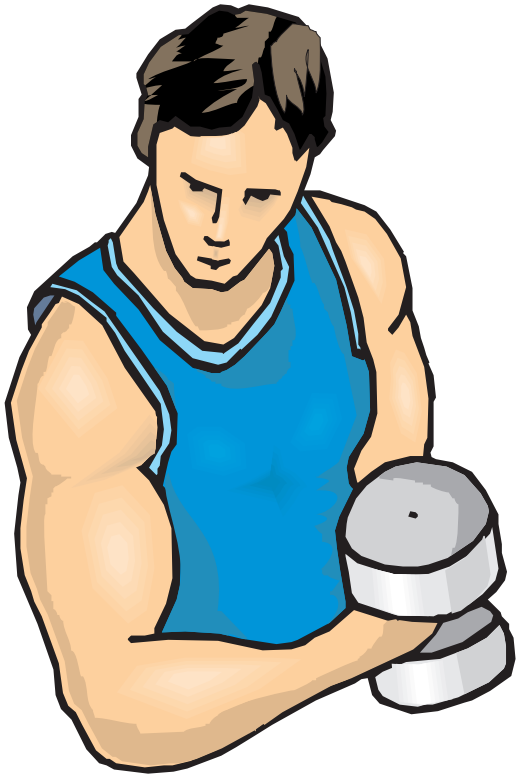
Use your muscles to make them stronger.



Stretch your muscles to make them longer.

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Building muscle requires skill and technique;

strengthen your muscles three times per week!

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One rule of fitness you need to know:

Challenging your muscles makes them grow!

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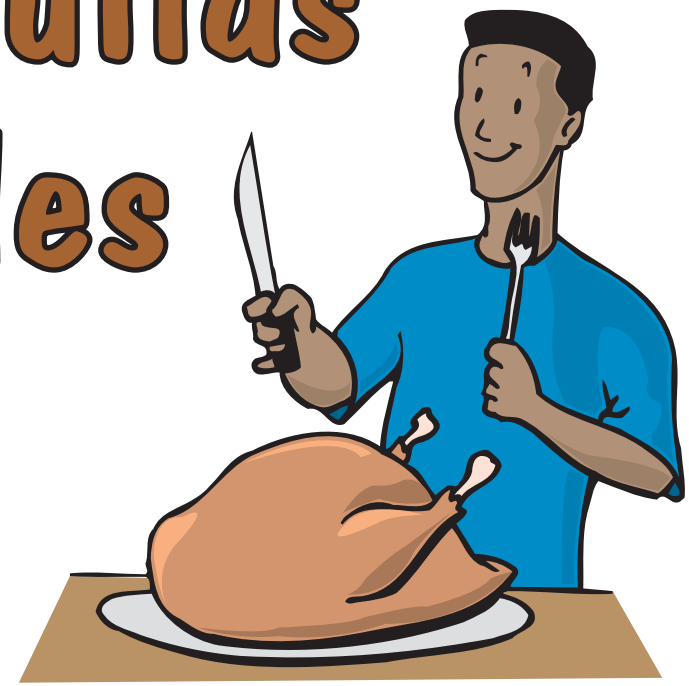
Protein builds cells in muscles and brains;



eat your protein foods and make big gains!

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Protein power! Get strong, live long!

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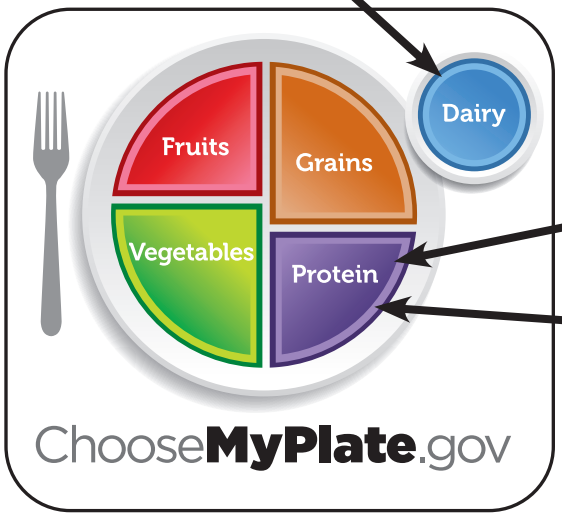
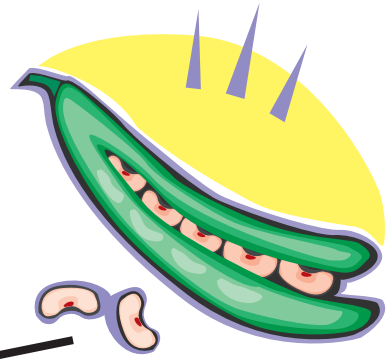
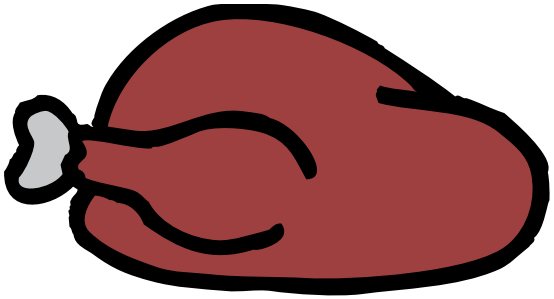
Blue is for dairy; purple is for protein!







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To get strength, flexibility, or speed, be specific when you train to get what you need!

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Stretch a little farther, lift a little more;

to build fitness, do more than before!

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Be specific; look terrific!

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Don't be a character; show your character!

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Follow the rules and share the ball; demonstrate fairness, respect, and teamwork to all!

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We all make mistakes and accidents happen.

Encourage other people with hands a-clapping!

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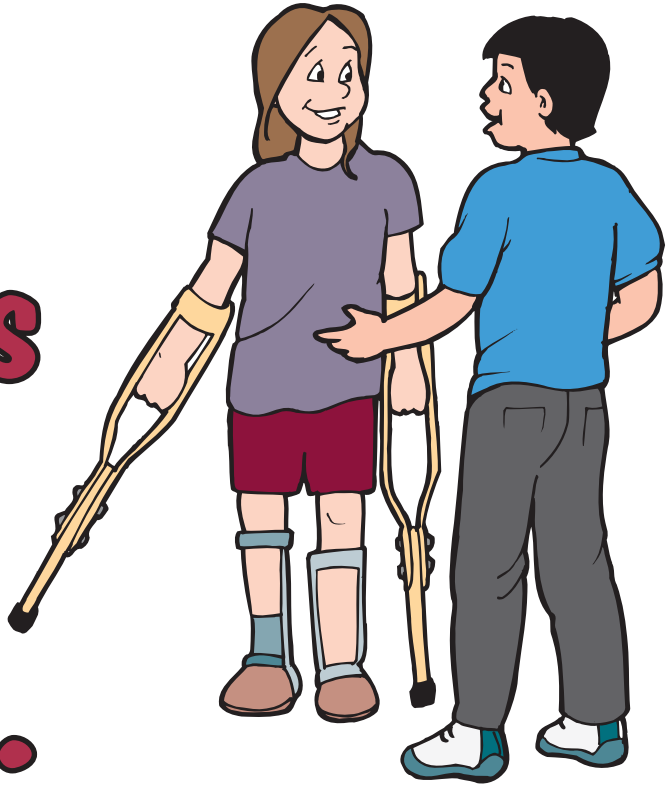

Strength means more than lifting weights.

Strength of character counts with classmates!

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Namaste!

(The best in me honors the best in you.)