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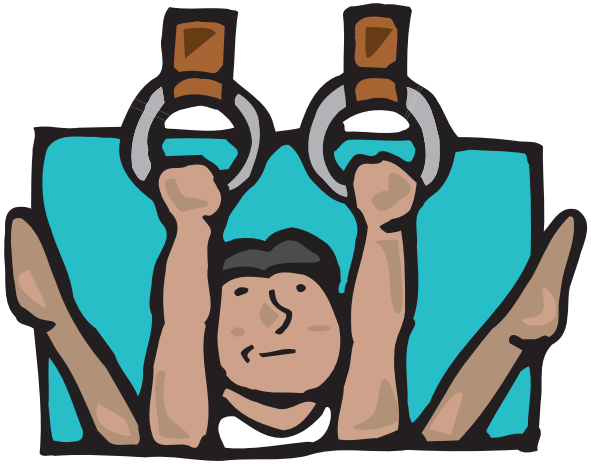
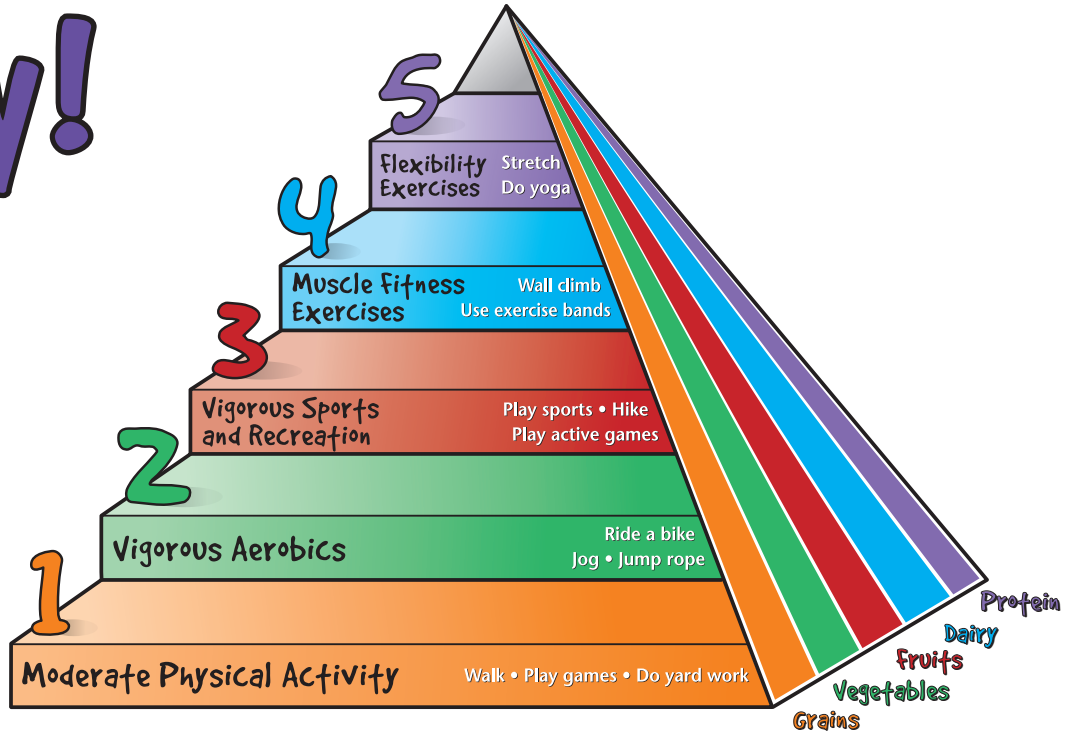
Physical Activity Pyramid: Do exercise for muscle fitness and flexibility!





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Before you play or perform,

you need to get your muscles warm!

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Music helps you move!

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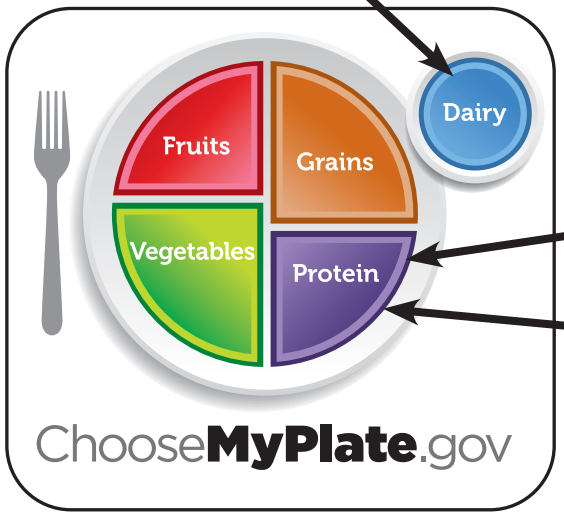
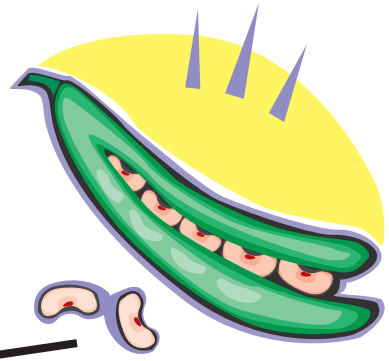
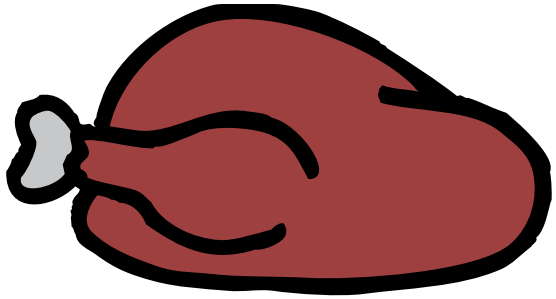
Blue is for dairy; purple is for protein!







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Protein power! Get strong, live long!

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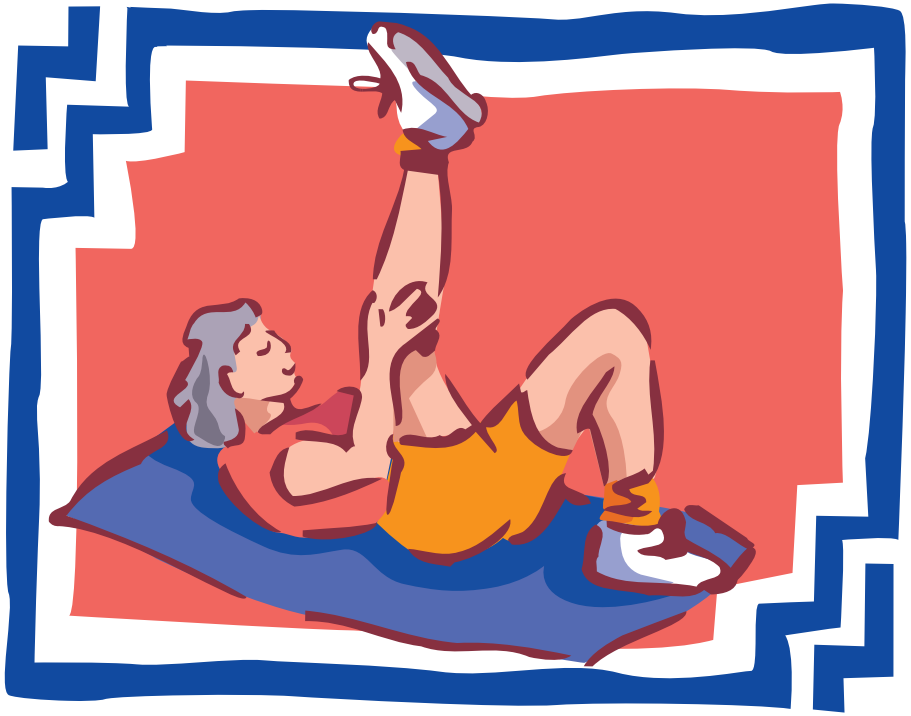
We have only one body.



Let's make it fit!

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One rule of fitness you need to know:

Challenging your muscles makes them grow!

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If it is to be, it's up to me!