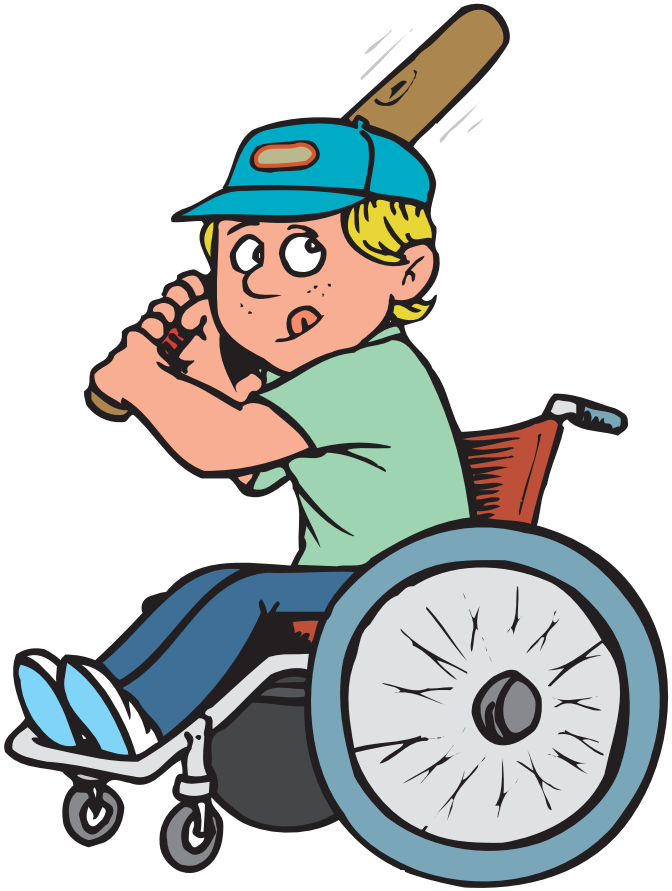
FITNESS FOR LIFE Elementary School

Be active your way every day!



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Move your muscles when you work and play!

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Keep on trying.
The more you try,
the better you get!

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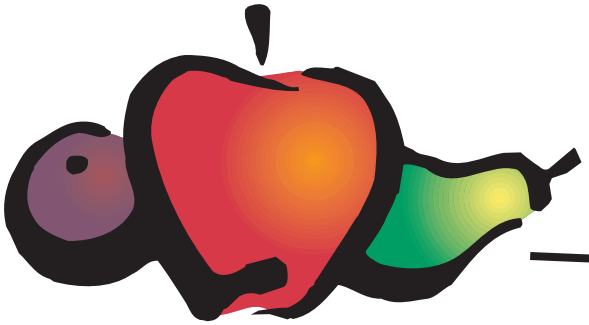

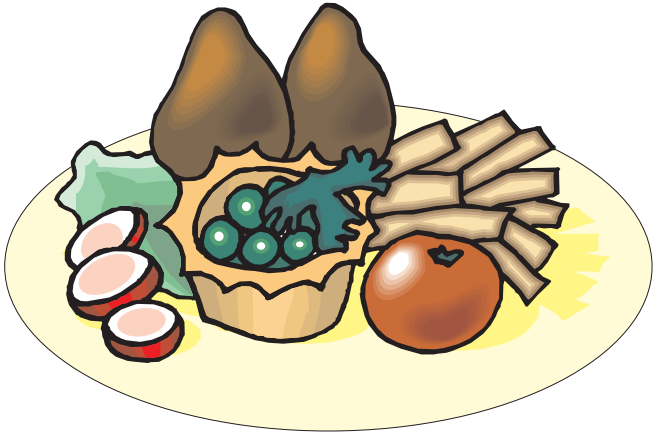

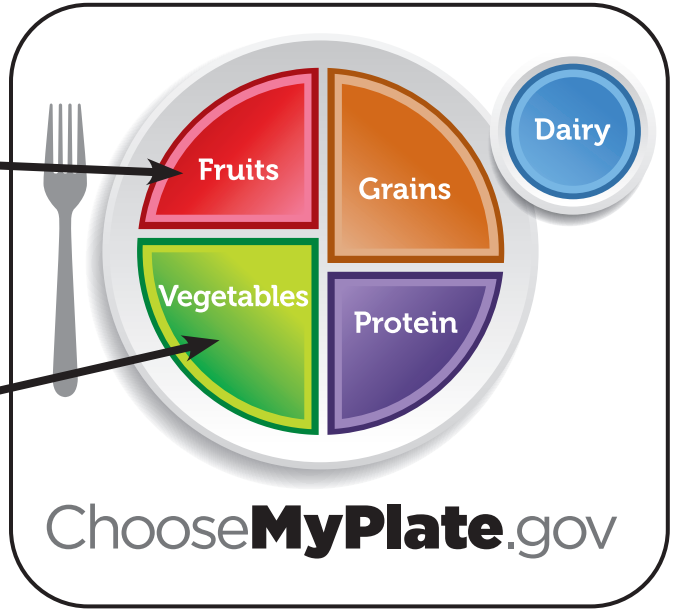

Green is for veggies, red is for fruits!

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Eat the rainbow way: every color, every day!

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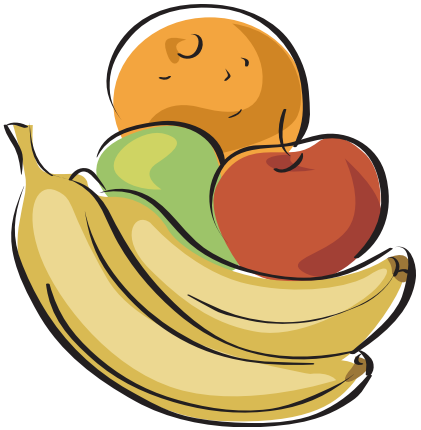

Eating 5 to 9 fruits and veggies each day

helps my body along the way!

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Play safely!

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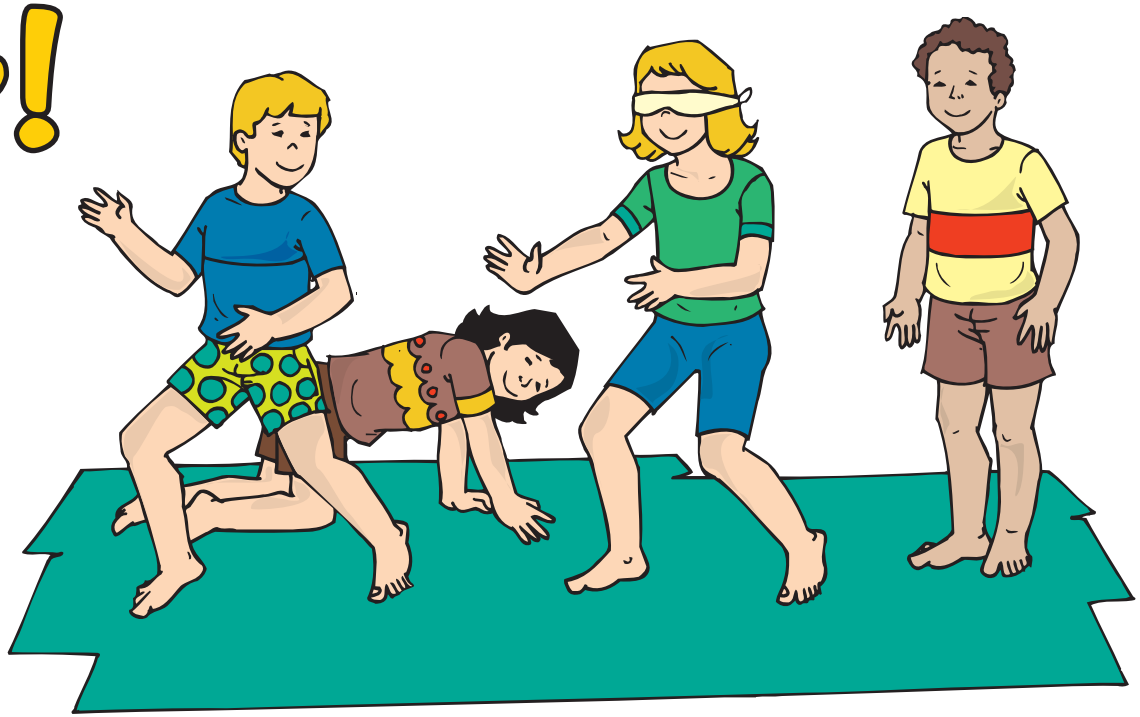
I can, you can, we all can work together!