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A healthy body needs a healthy mind!

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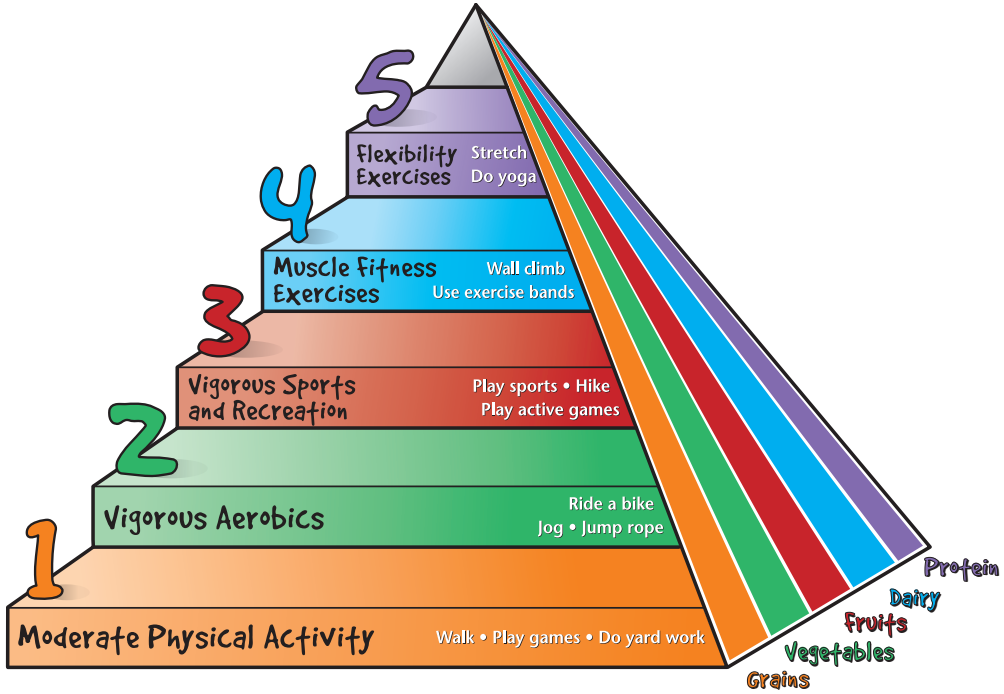
Physical Activity Pyramid for Kids: Vigorous aerobics are at step 2.



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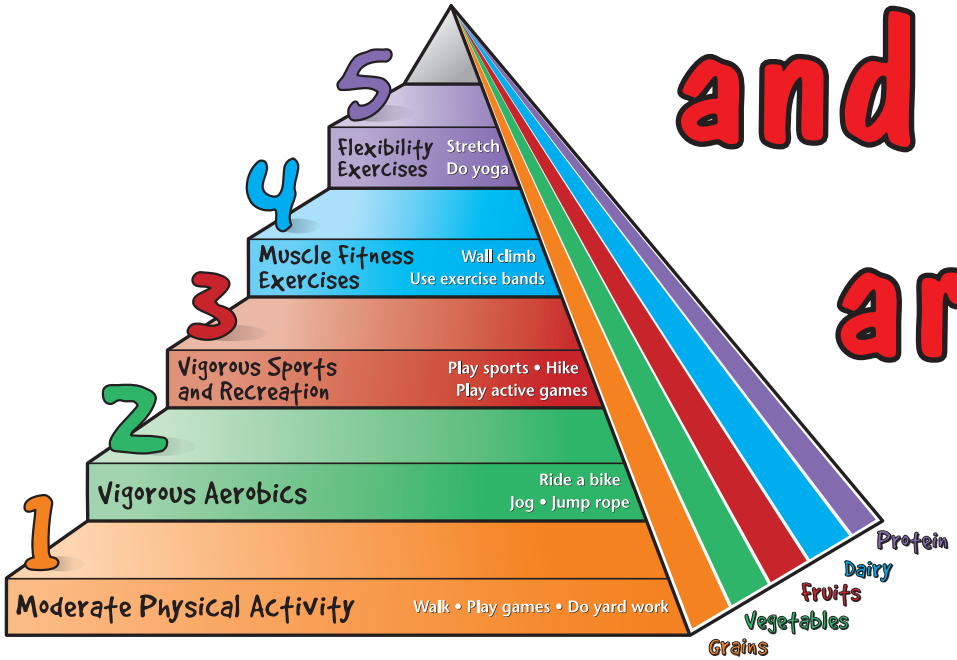
Physical Activity Pyramid for Kids: Vigorous sports and recreation are at step 3.



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The heart is a muscle that allows me to hustle!

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Try lots of activities, and get out and play. Find movement you love,

and do it every day!

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Play for a good day!

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Activity + academics = a winning combination!

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Build skills, have fun!

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

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Learning ballet, soccer, judo, or riding a bike

requires some skills that are alike!

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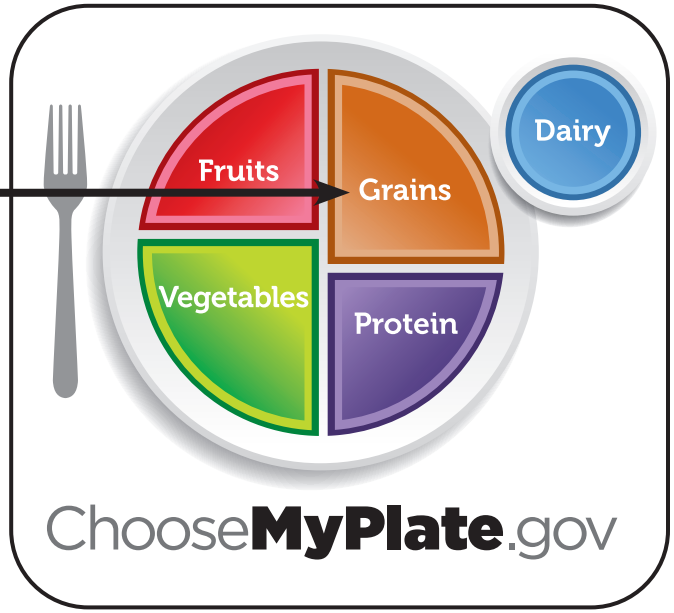
Orange is for grains!



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Avoid empty calories!

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Carbohydrate gives energy for sports and recreation.

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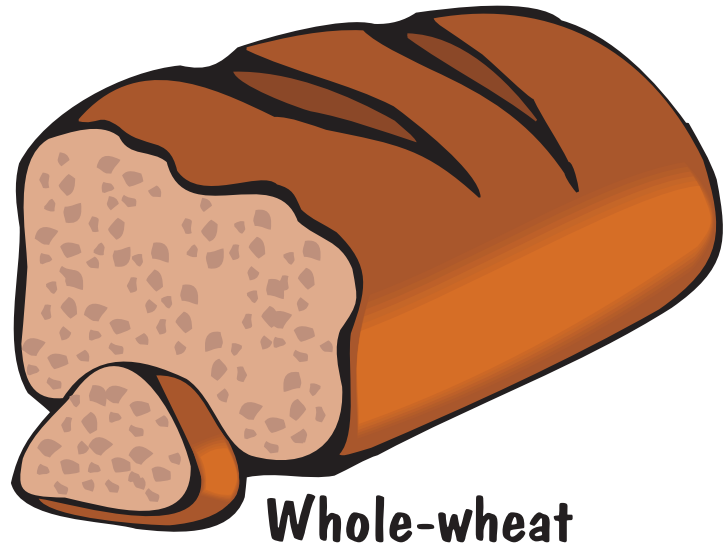
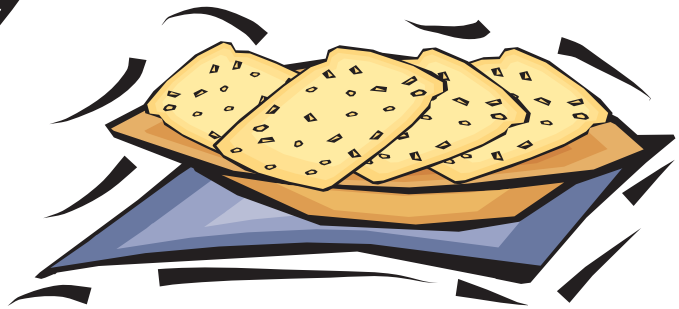
Make half your grains whole!

Oatmeal



Whole-wheat bread



Whole-wheat crackers

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Salt, sugar, and fat-filled snacks and sweets: We don't eat them all the time.

That's why they're called treats!

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Get some aerobic activity every day!

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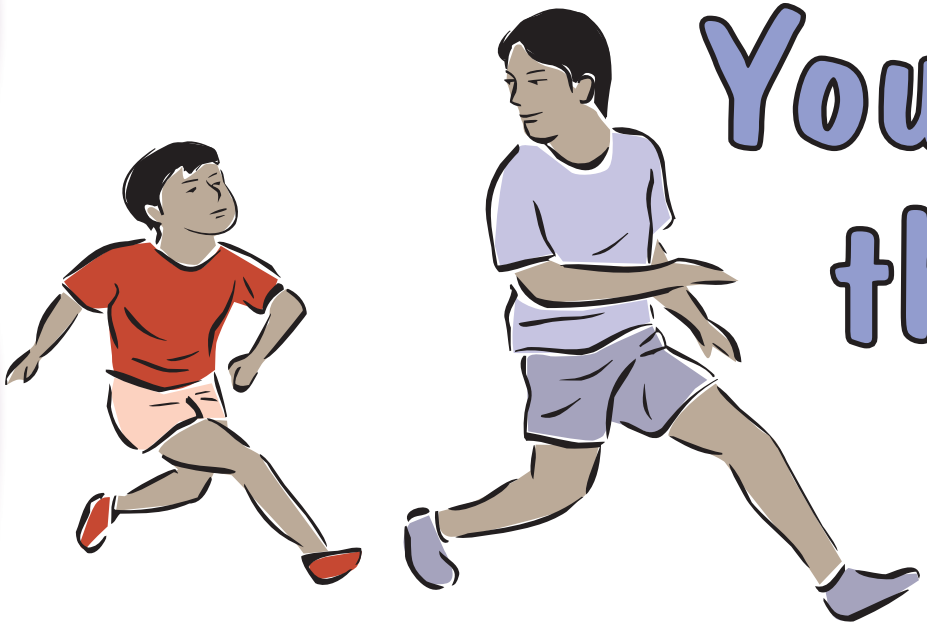
Exercising your heart daily really pays.



Your heart will thank you in many ways!

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Not too high, not too low; in our target zone we can go, go, go!

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Show respect—follow the golden rule!

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When you play sports, it's like a dream,

but you can't do it without another team.

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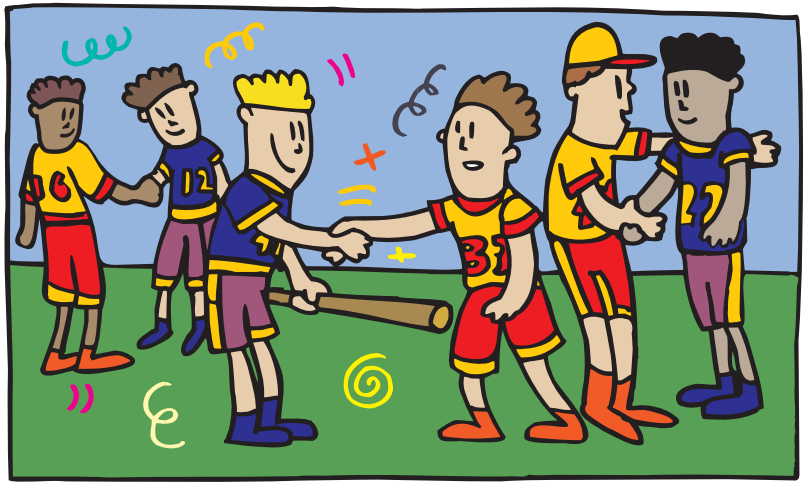
A team that gives you a challenge makes the game fun. Be sure you give them a cheer when the game is done.