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Active every day!

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Get your friends moving and your family, too. Movement gets them healthy, and they'll thank you!

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Active in the classroom, active in PE, active with family and friends is the way to be.

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Start with the basics!

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Many skills are required to play a game and succeed; spend time learning the basics if you want to proceed!

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Dance steps, catching, or playing the strings . . .

practice the basics before the hard things!

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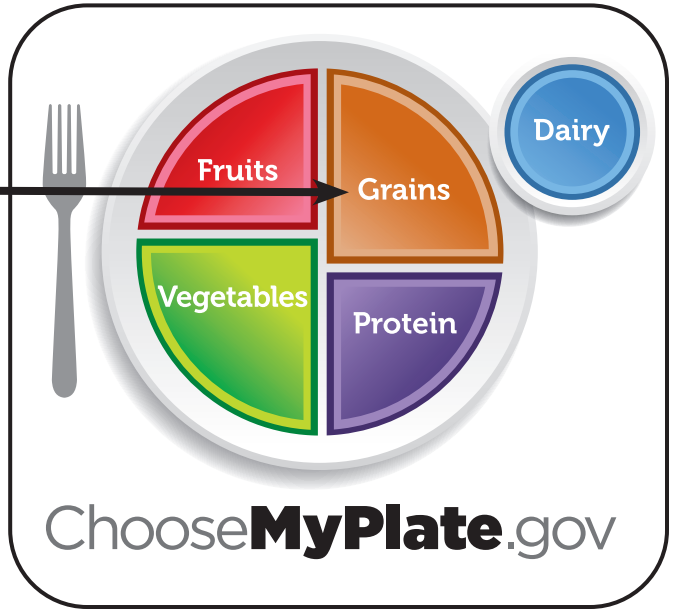
Orange is for grains!



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If you want to know how much energy is in your food, learn about calories from fat, carbohydrate, and protein, dude!

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Compared to carbs and protein, fat calories are double.

That's why eating fatty foods can get you in trouble!

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Heartbeats for health

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Your heart is like any other muscle. You know it's growing bigger when you make it hustle.

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It's good to get your heart pumping hard and fast;

when you stay in the zone, you'll be able to last.

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Your target zone is where your heart needs to beat if you want fitness and you like feeling sweet!

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Getting in the zone strengthens your heart, so get in the zone from the very start.

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Self-respect

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By honoring yourself and showing some pride, you give your body a healthy ride.

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Eat right,
move often,
and get your rest.
Then you'll be up for
any test!

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You have to take care of your body and make it number one to do your best work and have fun.