FITNESS FOR LIFE Elementary School

Whatever you love to play, get 60 minutes every day!

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The more you practice, the better you get!

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Practice your technique.

Get better every week!

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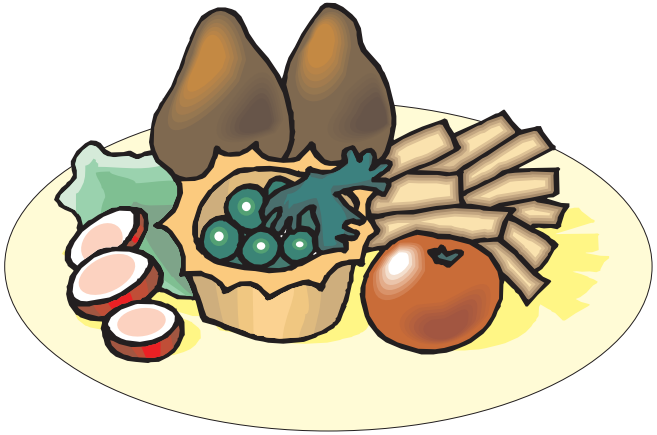

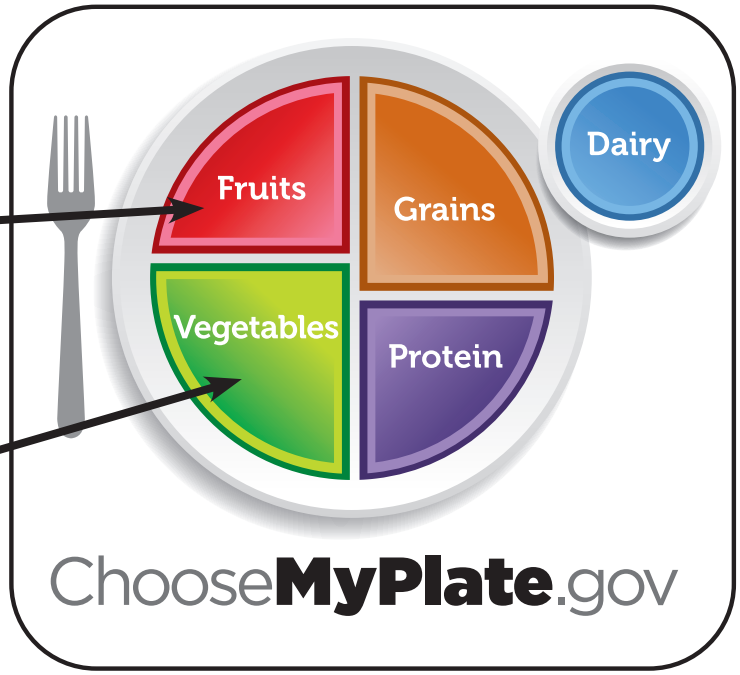

Green is for veggies, red is for fruits!

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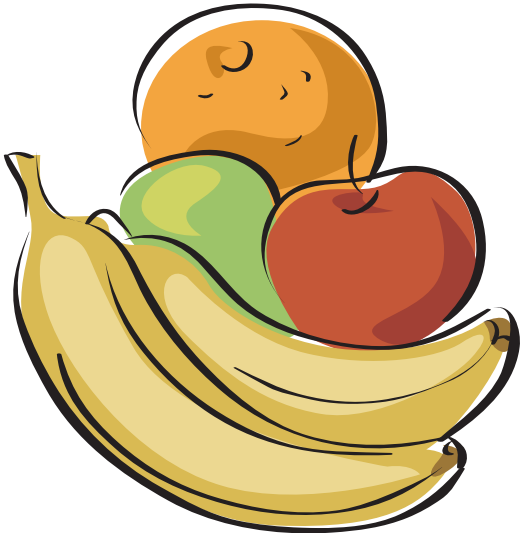
Eat 5 a day, every day!



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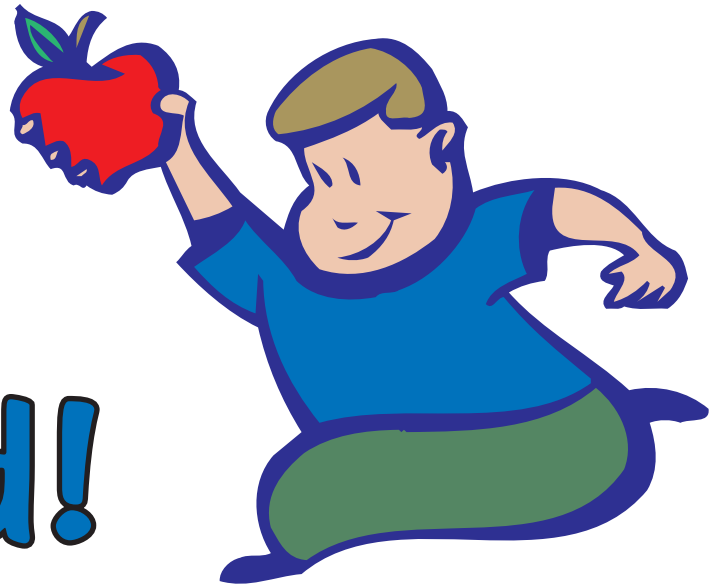
Fruits and veggies are what you need for good health and running speed!



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Start with safety!

Finish with fun!

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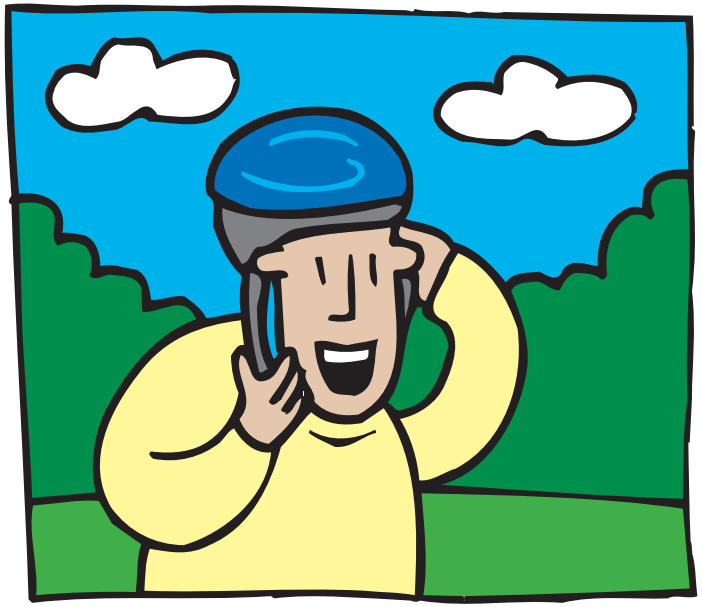
If you want to be active every day,



take safety measures before you play!

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Fun for me, fun for all!

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Encouraging others during play is a great way to make someone's day!