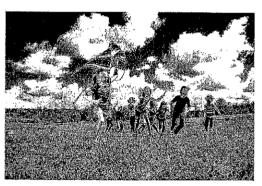
Live your Life.

Be Active!

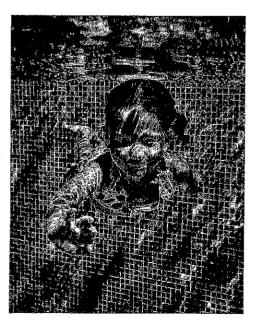
Exercise can:

- Build strong bones and muscles
- Improve strength
- Make you feel happy
- Keep your body fit
- Keep you healthy





Get active your way...



- Play a sport
- Ride a bike
- Swim
- Dance



- Jump rope
- Go to the playground
- Play outside with friends

