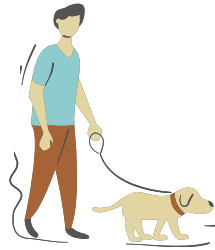


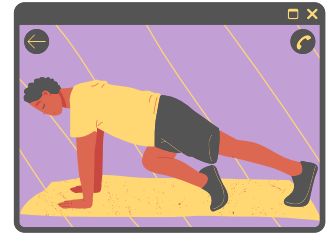
Be active throughout the day!

Moving our bodies throughout the day can help us be healthy.

Be active in the **morning**



Go for a walk.

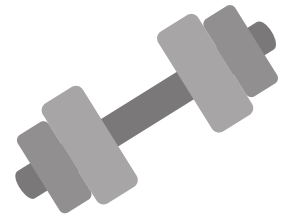


Do an exercise video.

Be active in the **afternoon**



Dance break!



Lift weights.

Be active in the **evening**



Stretch/do yoga.



Clean.

To be active throughout the day, I can...
