

Research says

# KIDS NEED EXERCISE

Exercise once a day to get the wiggles out, refresh your mind, and stay in control of your body



Sit Ups



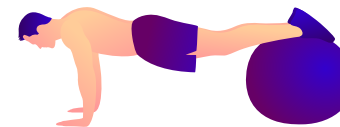
Jump Rope



Seal Pose



Resistance Bands



Push Ups



Running

