

Energy,  
Balance, Action



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**

