

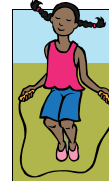
Name: \_\_\_\_\_



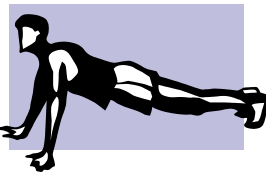
# I CAN BE FIT AND HEALTHY!

Draw a circle around the exercises you enjoy:

## CARDIOVASCULAR EXERCISE



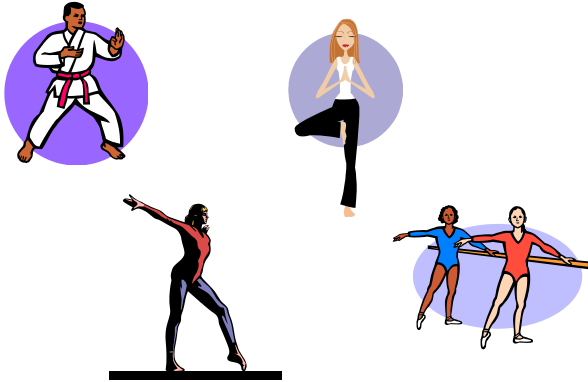
## STRENGTH TRAINING



MORE ON THE OTHER SIDE! →

Here are more exercises. Draw a square around those you enjoy!

### BALANCING



### STRETCHING



### PLAY!



Play longer to grow stronger!

HAVE FUN MOVING EVERYDAY! EAT HEALTHY SNACKS FOR ENERGY!