



NATIONAL FITNESS MONTH

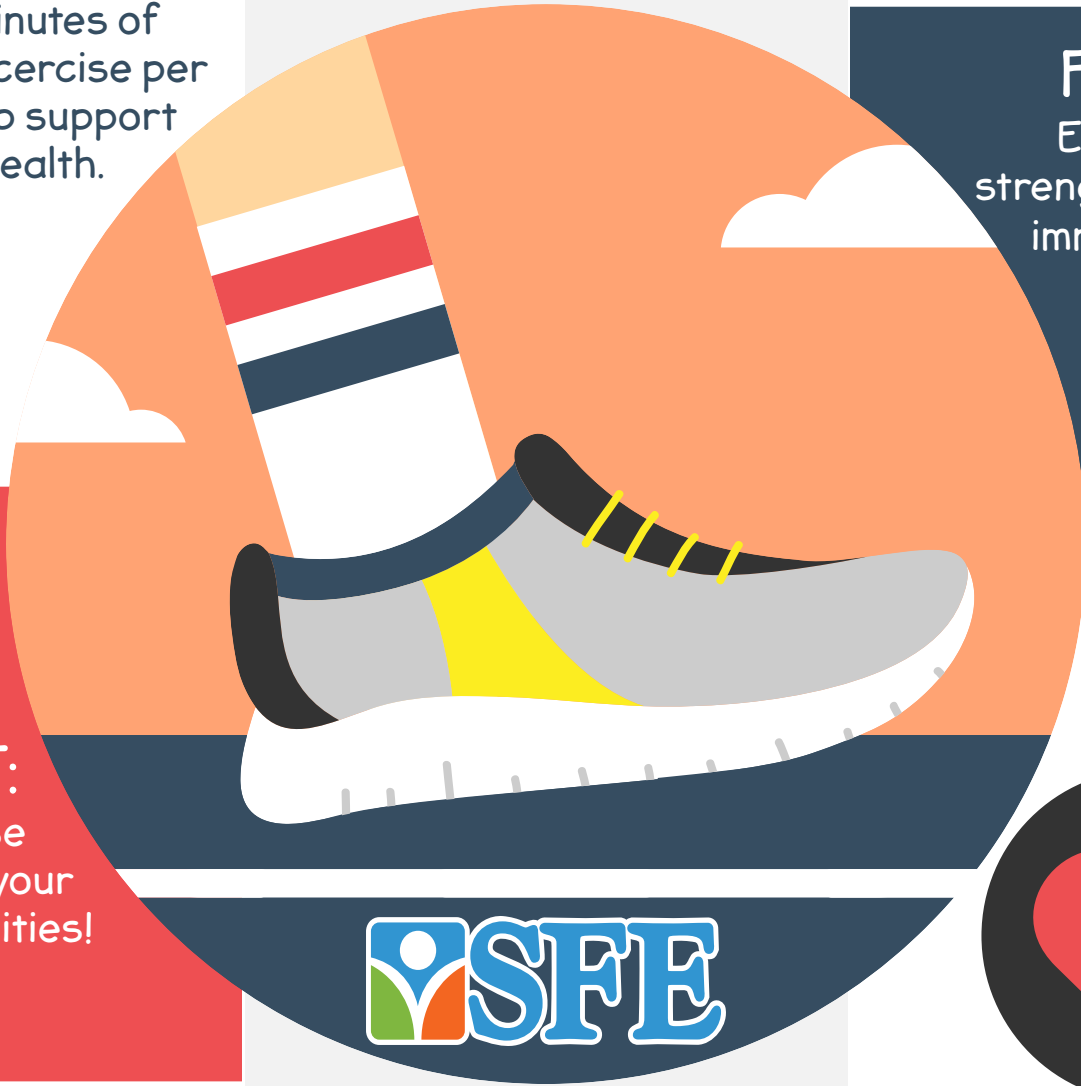


Only 1 in 3 children
are physically active
every day!

Just 30 minutes of
moderate exercise per
day will help support
heart health.

FACT:
Exercise
strengthens your
immune system.

FACT:
Exercise
increases your
learning abilities!



Great ways to get
physical!
SWIM
BIKE
WALK
DANCE
SPORTS



TIP:
Hydrate before,
during, and
after exercise
or physical
activity to avoid
dehydration.

#MOVEinMAY
AND EVERYDAY

"This institution is an equal opportunity provider."