



THE EXERCISE SNACK!



IT MAY SEEM REALLY HARD TO GET EXERCISE ON A DAILY BASIS. TODAY, YOU'RE GOING TO LEARN HOW TO GET EXERCISE IN SMALLER AMOUNTS OF TIME. INTRODUCING... THE EXERCISE SNACK!

IT'S LIKE EATING A SNACK! A QUICK BIT OF EXERCISE IN BETWEEN OTHER THINGS!



COLOR IN THE IMAGE ABOVE WITH THE CORRECT COLORS!

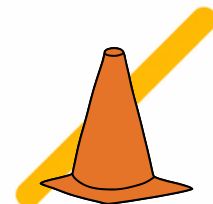
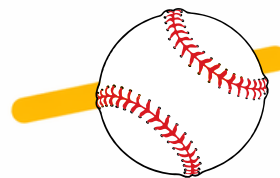
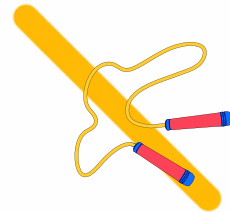


CAPTAIN CARROT'S HEALTH TIP OF THE DAY:

BEING OUT IN THE SUN IS GOOD FOR YOUR BODY! THE SUN'S RAYS GIVE HEALTHY VITAMIN D TO YOUR BODY. THAT'S WHY IT'S GREAT TO GO OUTSIDE AND PLAY,

USING THAT HEALTH TIP, LET'S DO A COOL COMBO ACTIVITY.

EXTEND EACH SUN RAY TO MATCH THE EQUIPMENT TO THE EXERCISE.



VITAMIN D MAKES YOUR BONES STRONG AND YOUR IMMUNE SYSTEM HEALTHY SO IT CAN FIGHT OFF VIRUSES!



A GREAT RULE OF THUMB IS TO GET ABOUT 1 HOUR OF EXERCISE PER DAY. WRITE OUT THREE TIMES DURING A NORMAL DAY WHERE YOU COULD GET EXERCISE. IN YOUR HEALTH SCHEDULE, YOU WILL MAKE A PLAN TO GET AN HOUR OF EXERCISE PER WEEK.

GETTING OUTSIDE WITH YOUR FRIENDS CAN BE FUN AND ALSO HELPS THEM STAY HEALTHY! BRAINY BROCCOLI AND CAPTAIN CARROT NEED HELP PLANNING THEIR EXERCISE TOGETHER. HELP THEM BY FILLING OUT THEIR SCHEDULE WITH FUN EXERCISE!

MY DAY - DAILY PLANNER FUEL YOUR GROWTH DATE: []/[]/[]		
12:00 PM	3:00 PM	9:00 PM
	6:00 PM	

