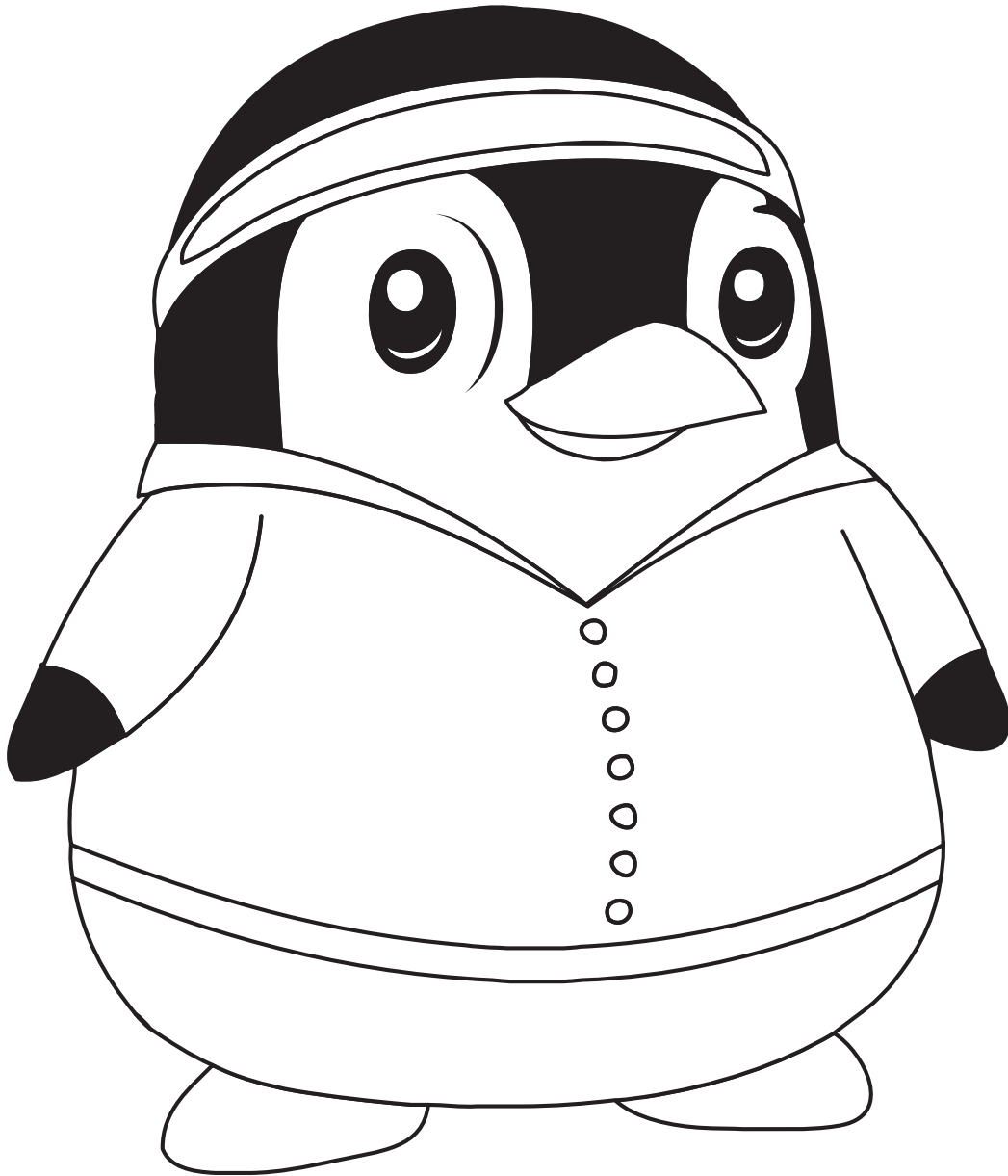


Eat breakfast every morning for an active body!



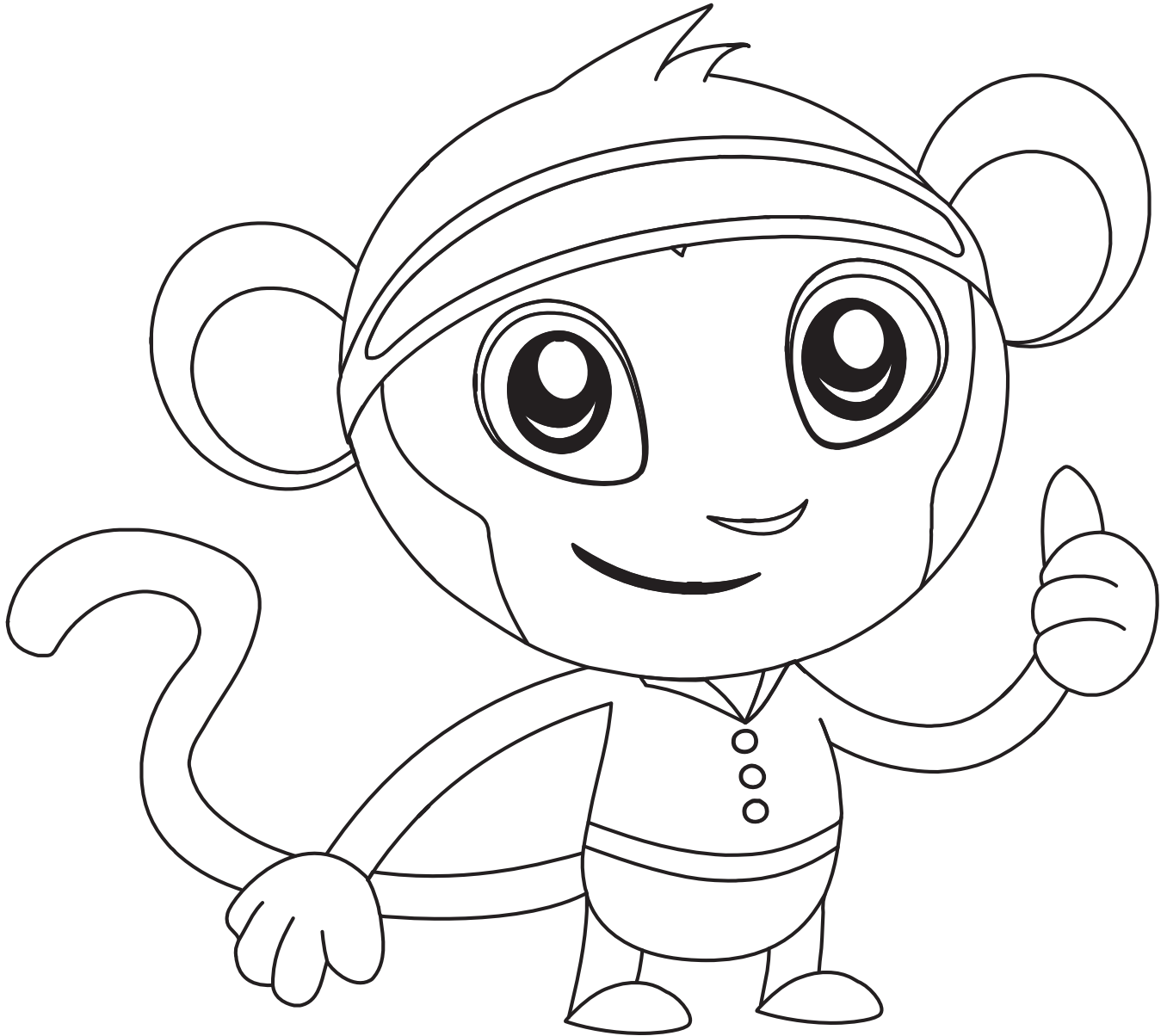
Drink lots of water, especially when you exercise!



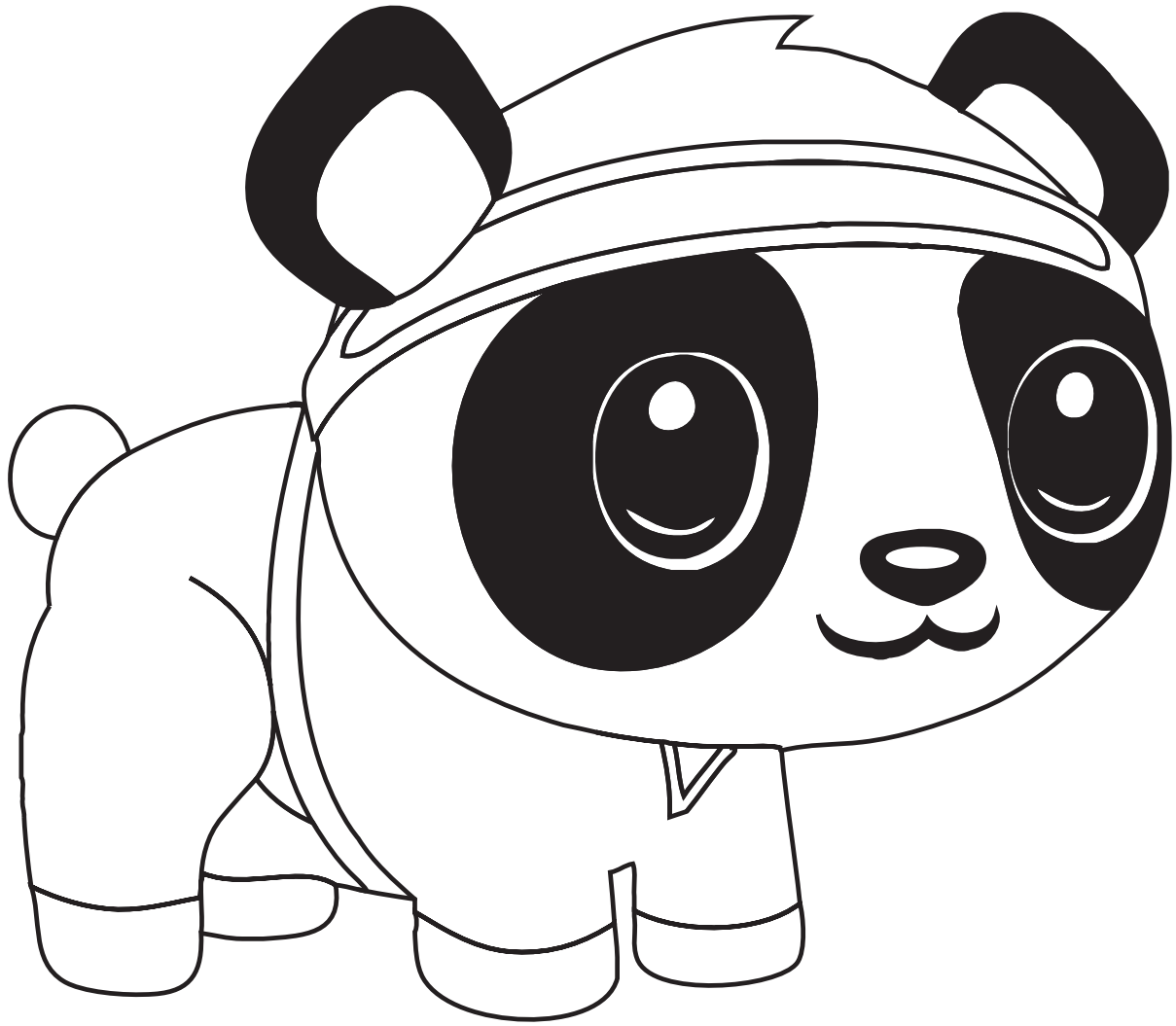
Dancing is a great way to keep your muscles moving!

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Stretching is exercise too and can make you stronger!



There are 650 muscles in your body! Get them moving!

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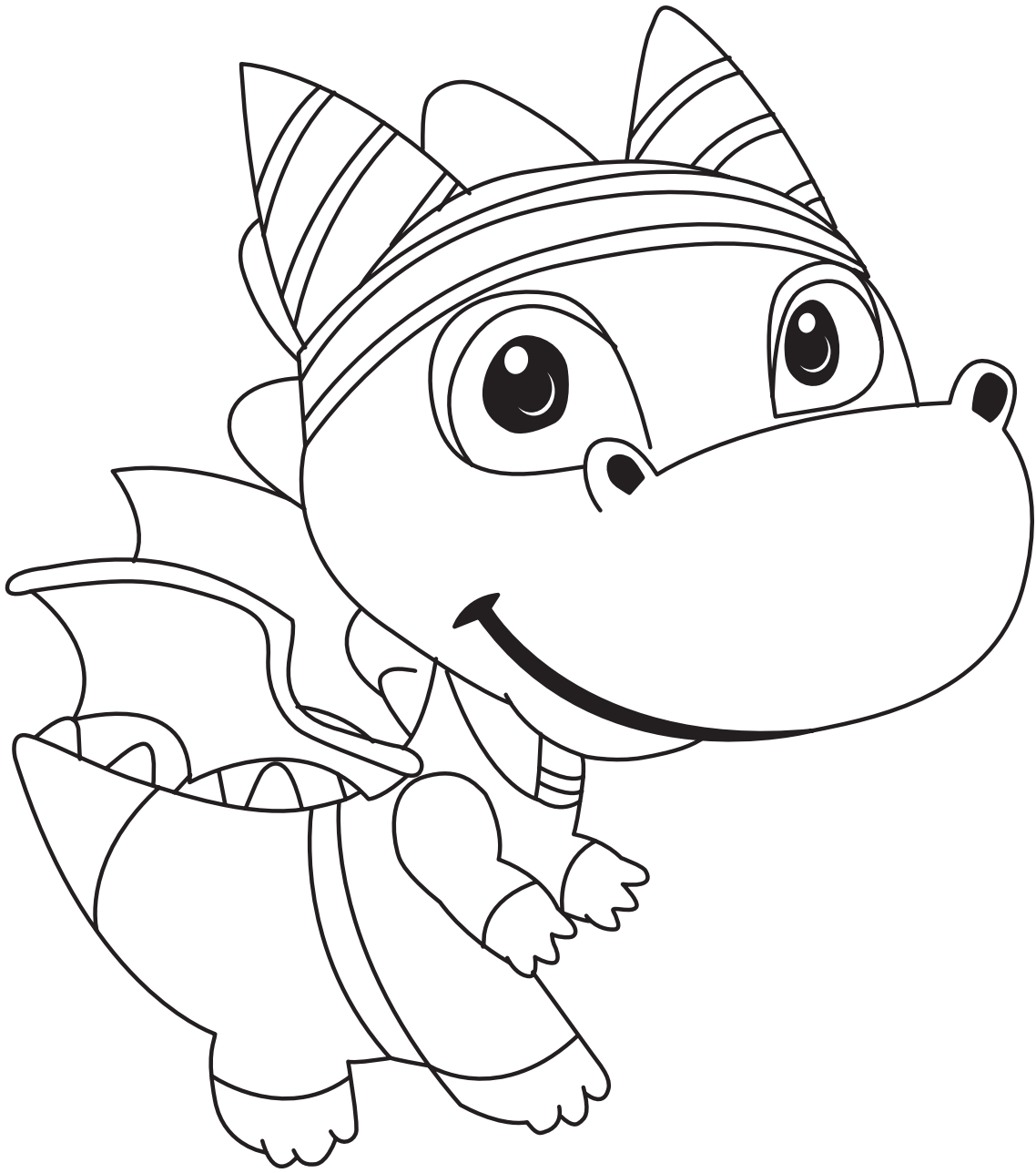




Walk, skip, jump, and run and get your muscles moving!

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Try different colored foods for a healthy body!

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