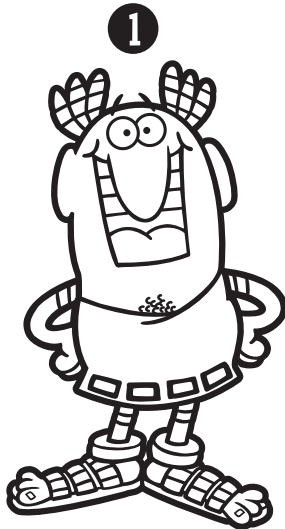


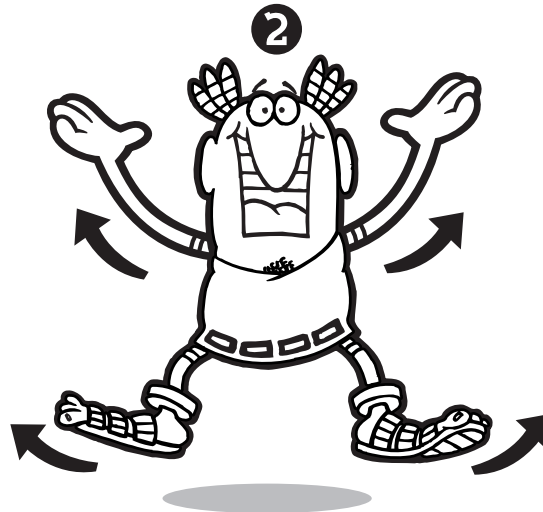
EXERCISE! EXERCISE!

Stay active by following these exercise steps

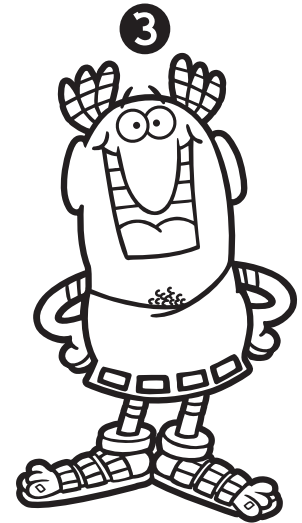
JUMPING JACKS



Start

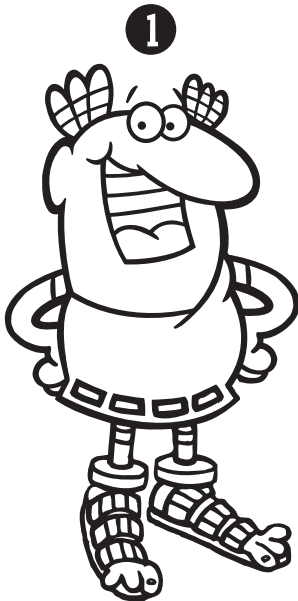


Jump up with arms & legs out, clapping hands together overhead

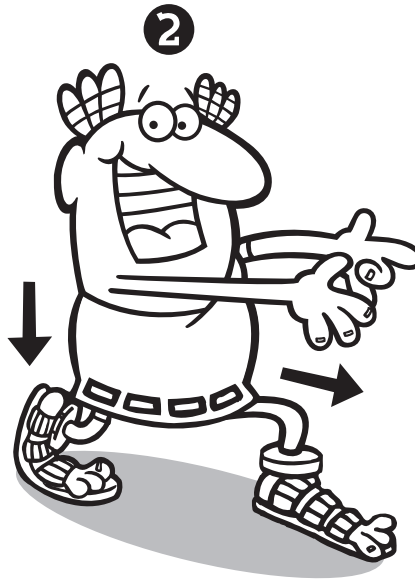


Jump back to start & Repeat

DEEP KNEE BENDS



Start



Step forward with one leg while lowering yourself with the opposite leg bending at the knee



Repeat with other leg

Kids, don't forget to ask your parent or doctor before exercising!