

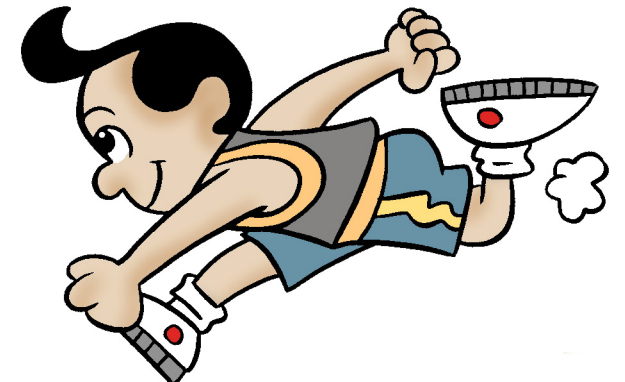
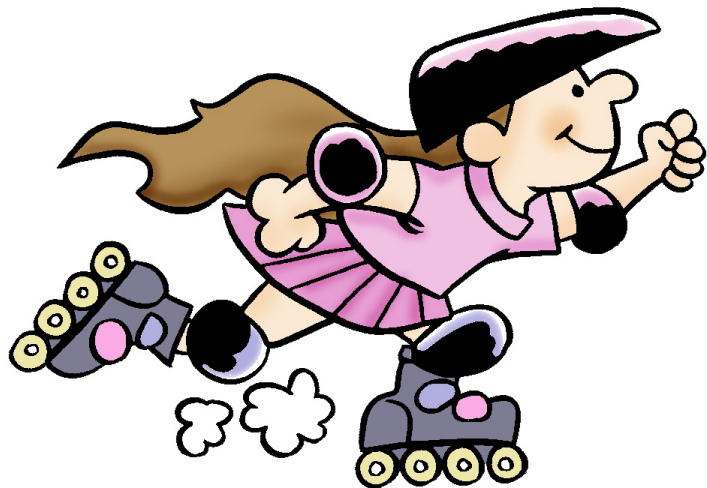
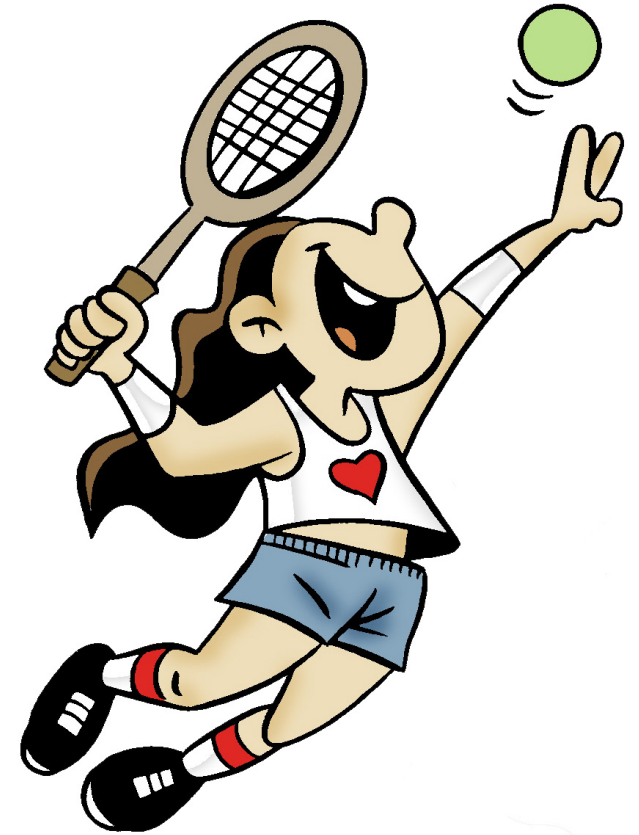
EXERCISE FOR GOOD HEALTH

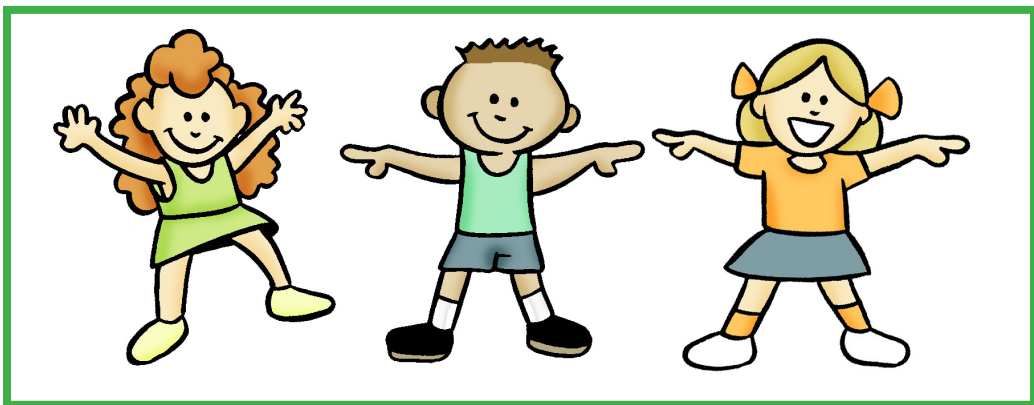


YOUR BODY WAS DESIGNED FOR EXERCISE—TO RUN, TO JUMP, TO MOVE, AND TO STRETCH. YOUR BODY NEEDS THE MOVEMENT AND THE FRESH AIR YOU GET WHEN YOU ARE OUTDOORS. IF YOU SPEND TOO MUCH TIME INDOORS WATCHING TELEVISION, PLAYING COMPUTER GAMES, OR READING, AND YOU DON'T TAKE THE TIME TO EXERCISE, YOUR BODY WILL NOT BE AS HEALTHY AND STRONG AS IT NEEDS TO BE.



EXERCISE IS ONE WAY TO TAKE PROPER CARE OF YOUR BODY. IT CAN ALSO BE A LOT OF FUN! YOU CAN PLAY WITH FRIENDS AT THE PARK, ROLLERBLADE, PLAY SPORTS, BOUNCE ON A TRAMPOLINE, SWIM, RIDE A BIKE, TAKE YOUR DOG FOR A WALK, OR EVEN HELP WITH YARD WORK. THE MOST IMPORTANT THING IS THAT YOU GET OUT IN THE FRESH AIR AND MOVE YOUR BODY. GET YOUR MUSCLES WORKING, YOUR HEART PUMPING, AND HAVE A GOOD TIME WHILE YOU'RE AT IT.





NOT ONLY WILL YOU GET STRONGER, BUT YOUR MIND WILL BE MORE ALERT, YOU'LL HAVE MORE ENERGY, AND YOU'LL SLEEP BETTER AT NIGHT. EXERCISE HELPS YOUR BODY TO WORK BETTER. AND YOU CAN HAVE A GREAT TIME AS YOU EXERCISE!

