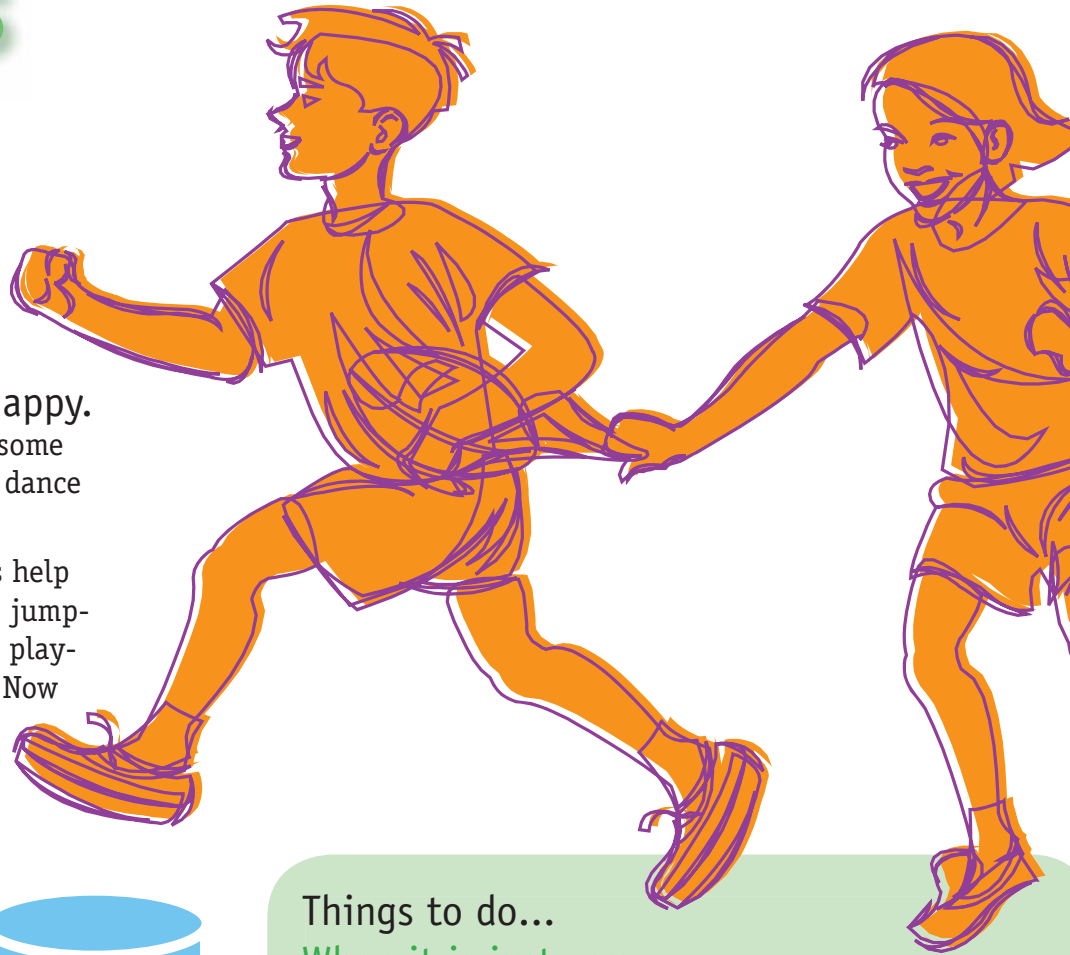


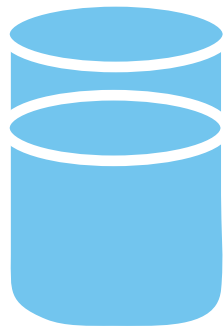
It is time to play!

Play makes your heart happy. Your heart is a muscle. Give it some exercise. Run, swim, jump and dance 'til you sweat.

Push-ups, sit-ups and chin-ups help build strong muscles. Running, jumping and climbing do, too. More play-times means stronger muscles. Now that is something to aim for!



Drink more water when you play. Drink more water when it's hot. Water keeps things cool.



**Be Fit.
Eat Well.
Exercise and Play.**

Things to do...

When it is just you:

- Ride your bike.
- Skate.
- Ride your skateboard. Learn some new tricks.
- Jump rope. How many times can you jump before you miss?
- Hit a tennis ball against a brick wall.
- Shoot hoops.
- Use your feet, knees and head to keep a ball in the air. How long can you keep it in the air?
- Play hopscotch.
- Hop on one foot. How many times can you hop?
- Do jumping jacks. How many can you do?
- Invent some dance moves.
- Do sprints (short running races). How fast can you go?
- Count the number of steps between your favorite places, like your house and the park.

When There Are Two

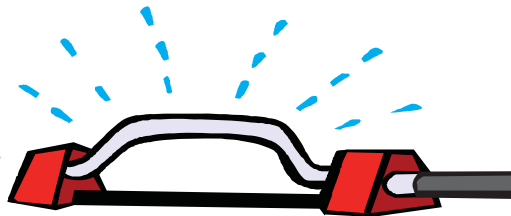
- Play catch.
- Play one-on-one in basketball.
- Race.
- Invent new cheers together.
- Have a handstand contest. How long can you stay up?
- Dance to your favorite songs.
- Jump rope together.
- Ride bikes.
- Leapfrog.
- Pitch and hit a baseball.

When There Are a Lot of You

- Play baseball, softball, basketball, soccer and volleyball.
- Play follow-the-leader on bikes, blades or skates.
- Have a skateboarding contest.
- Play tag.
- Play outdoor hide-and-seek.
- Dance to your favorite music.
- Jump rope double-dutch.

When It Is Hot

- Swim.
- Play catch with water balloons.
- Take a nature walk on a shady trail.
- Wash your dog outside.
- Wash the family car.
- Turn on the sprinkler and cool off!



When You're Indoors

- Dance to your favorite music. Invite your dog, cat or family to join in the fun.
- Grab a hula hoop and make up some hula-hoop dances.
- Jump rope.
- Tumble.
- Set up a scavenger hunt. Invite your family.
- Bat a balloon back and forth. Try not to let it hit the floor.

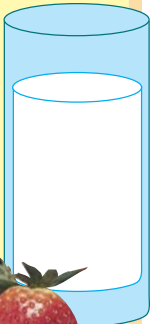
**Do not say, "I'm bored.
There's nothing to do."**

Eat Strong

1. Eat a variety of foods, especially fruits, vegetables and whole grains.

2. Drink water and milk most often.

Exercise to keep the balance between calories that you eat and calories that you use.



Do you like milk shakes?

Make this shake next time you want a refreshing milk shake:

Scoop 1 carton of vanilla yogurt into a glass. Stir in ½ cup of milk. Put it in the freezer for about 1 hour. When you take it out of the freezer, it will be an icy cold and delicious treat.

Sprinkle some cinnamon or nutmeg on it. Share it with a friend. Try other flavors. Add fruit.

Freeze fruit like grapes or sliced bananas for a "cool" treat after you exercise.

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