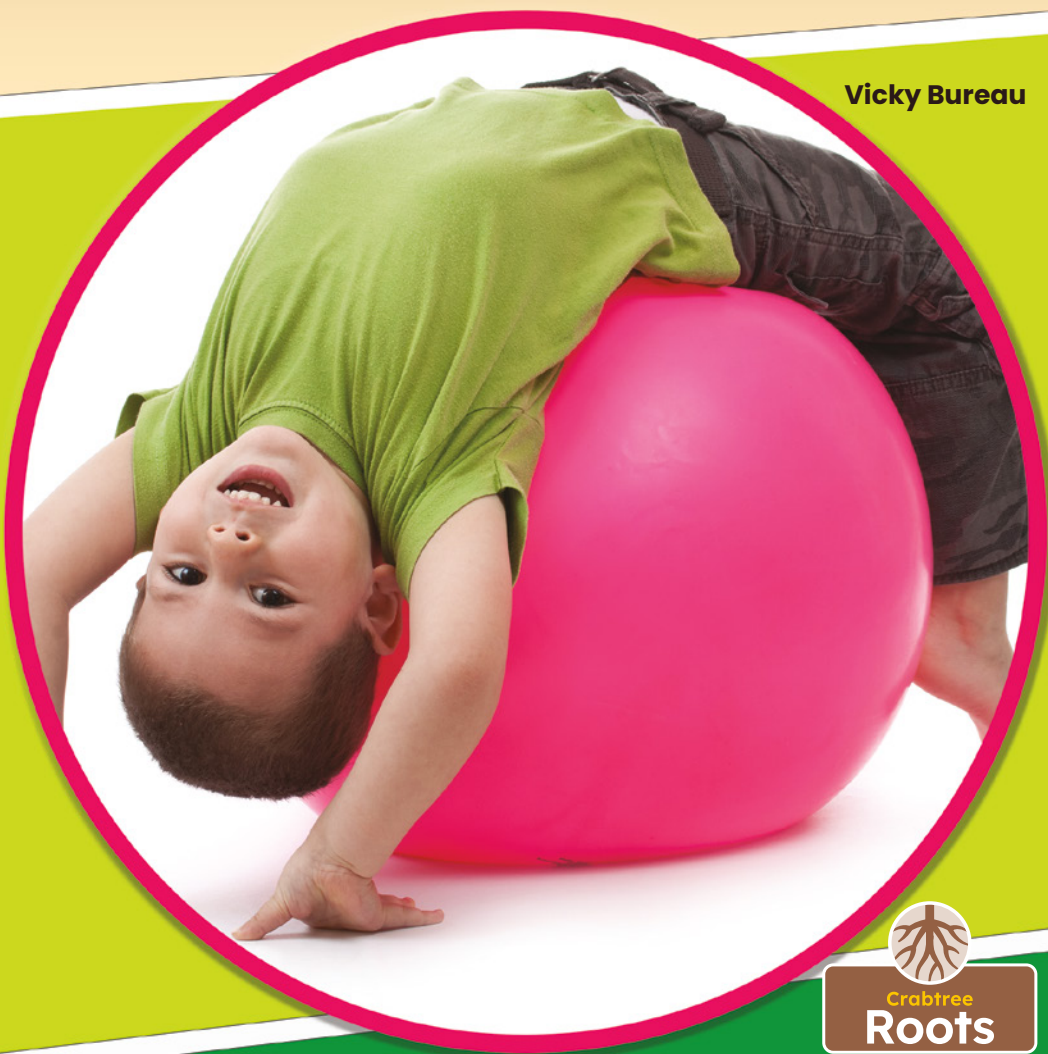




GET YOUR **EXERCISE**

Vicky Bureau



Crabtree
Roots



Staying active is a
healthy **habit**.

A young girl with curly hair is smiling and being held up by two adults. The girl is wearing a white t-shirt. The adults are wearing a yellow shirt and a grey and white checkered shirt. The background is a bright, sunny outdoor setting with green foliage. A large red watermark "For Review Only" is diagonally across the image.

A healthy habit is
something you do
to stay well.





Activity means
moving your body.



Moving our bodies is
how we stay fit.



Fitness helps your
body be healthy.