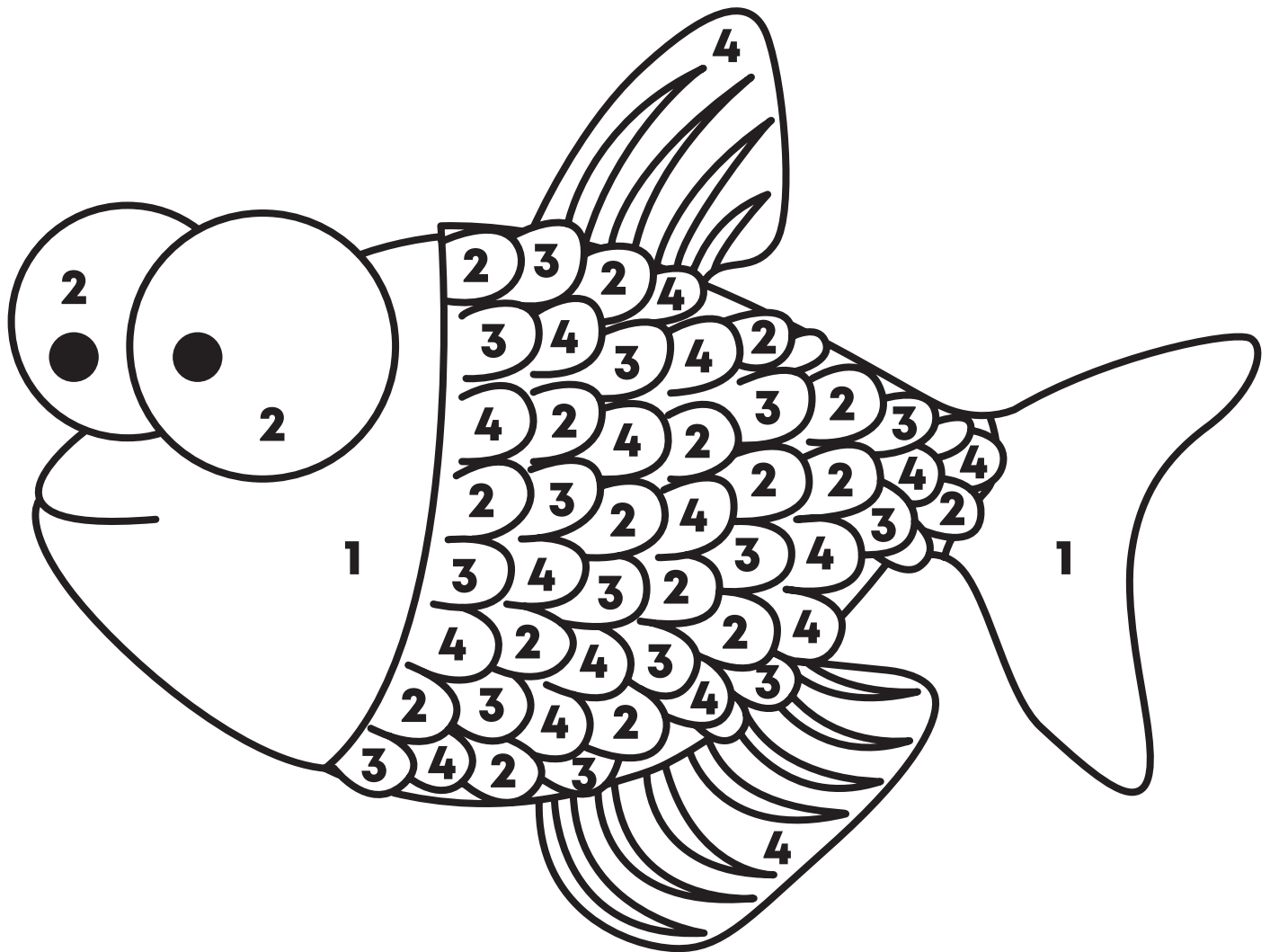


Be Physically Active

Besides eating foods high in protein, we need to be physically active every day to keep our bodies strong and healthy. Use our activity fish below to help you get 30 minutes of activity each day. Every time you complete an activity color in one of the fish scales. Keep going until you have a beautiful rainbow fish!



1. Blue – 10 Sit Ups
2. Purple – 10 Push Ups
3. Yellow – 10 Jumping Jacks
4. Green – 10 Squats

