



Asparagus Ski Exercise



**On your Mark, Get Set,
Let's Move!**



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Stand with your knees bent.
- * Swing both arms to the left as you stand, then bend your knees.
- * Now swing both arms to the right while standing then bend your knees.
- * Repeat

Fruit and Veggie Talk:

How many of you have never eaten asparagus? Can you tell me names of other fruits and vegetables you have never eaten before? Would you like to try them someday?