



# Bean Sproutin' Exercise



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



**Dino's Garden Exercises** Keeping Fit in the Garden

## **INSTRUCTIONS:**

- \* Stand with your feet a foot apart.
- \* Raise up your hands up to the top of the beanstalk.
- \* Begin Sproutin' by stretching your whole body

### **Fruit and Veggie Talk:**

Fresh crisp snap-green beans make wonderful snacks anytime. What time of day would you like a green bean snack?