



## Beet-in Feet 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.
- \* Bend your knees.
- \* Now start “beetin” your feet up and down on the ground while keeping your knees bent.

#### Fruit and Veggie Talk:

When it comes to eating the colors of the rainbow, the deep red of the beet cannot be beat! What other fruits and veggies are red?