



Celery Slide Exercise



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



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Begin with your hands and feet on the ground.
- * Now place one foot in front of the other.
- * Now switch feet positions as fast as you can.

Fruit and Veggie Talk:

Celery sticks with peanut butter is a yummy healthy snack. Can you make that snack by yourself or do you need Mom or Dad to help?

What is your favorite fruit snack?