



Fruity Flutter-bys Exercise



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



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Find a soft place to lie down.
- * Lie on your back.
- * Lift both legs off the ground.
- * Now swing them back and forth.
- * See how long you can do it!

Fruit and Veggie Talk:

Fresh fruit is a yummy anytime food - at breakfast, lunch, dinner or for a quick snack. What is your favorite fruit snack?