



Strawberry Squat 'n' Pick 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.
- * Squat down and lean forward.
- * Now reach out one hand at a time as if picking strawberries!
- * Keep eatin' them!

Fruit and Veggie Talk:

Strawberries are good alone or mixed with other foods! What do you like to mix with strawberries?