



Toma-toe Stretch Exercise



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



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Stand with your feet together.
- * Step to the left.
- * Bend down with both hands and touch your left toes.
- * Stand up & repeat to the right side.
- * Then repeat to the left.

Fruit and Veggie Talk:

Tomatoes are a great vegetable because you can eat them in so many different ways! What are some of the ways you like to eat tomatoes?