

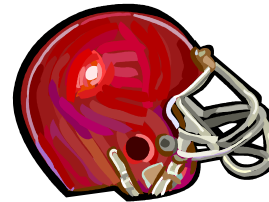
CARDSfit Fitness Month



Be Active



Tag
Soccer
Four Square
Football
Swing
Tetherball
Five Passes
Jump Rope
Walk and Talk
Invent a Game



Fitness Tip
Fitness Tip

Children should be active at least 60 minutes per day!