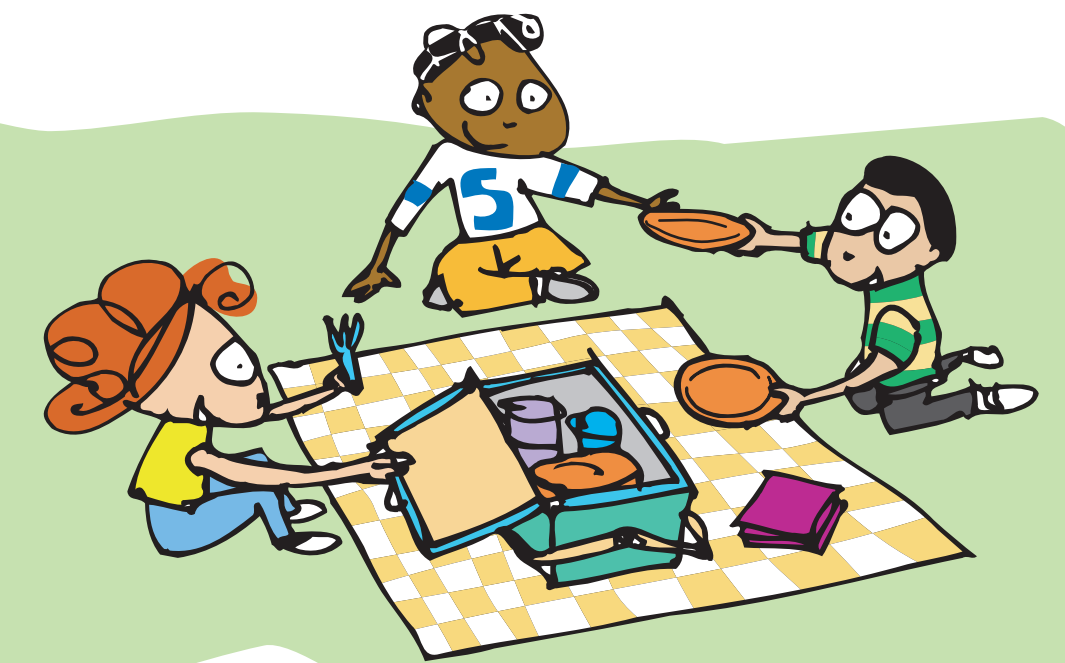


Enjoy Moving

Be physically active every day*

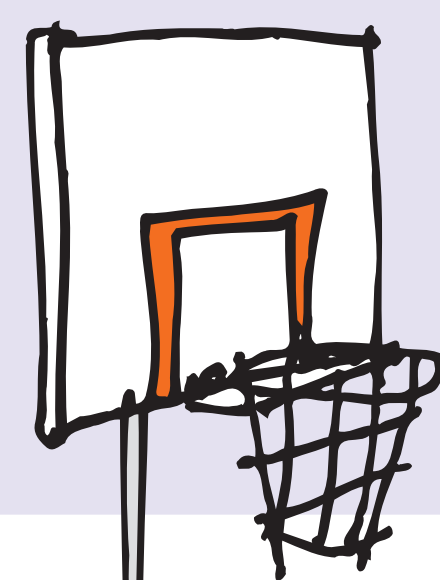
Less

Sitting Around



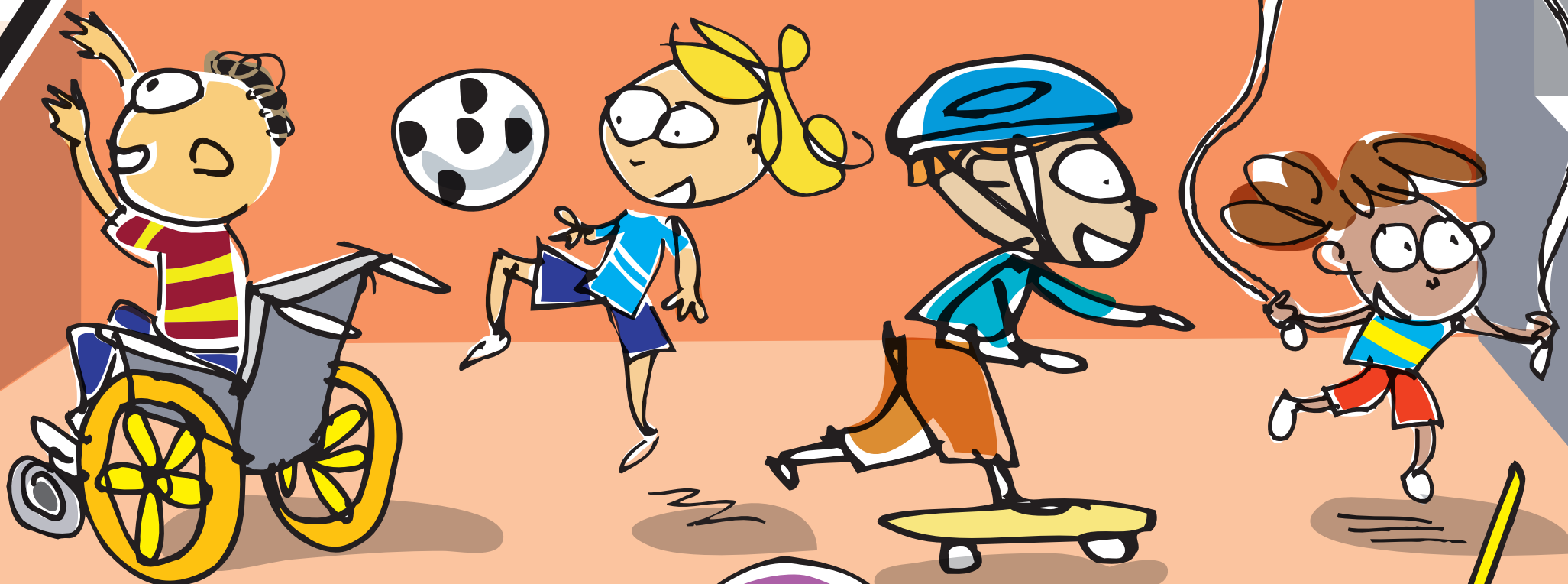
Enough

Stretching and Building Your Muscles



More

Making Your Heart Work Harder



Plenty

Moving Whenever You Can



* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.



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