

FAMILY PHYSICAL ACTIVITY TIME

Whether it's a walk after dinner, a weekend bike ride, or a game of soccer in the yard, setting aside time for these activities shows your children that staying active is important.

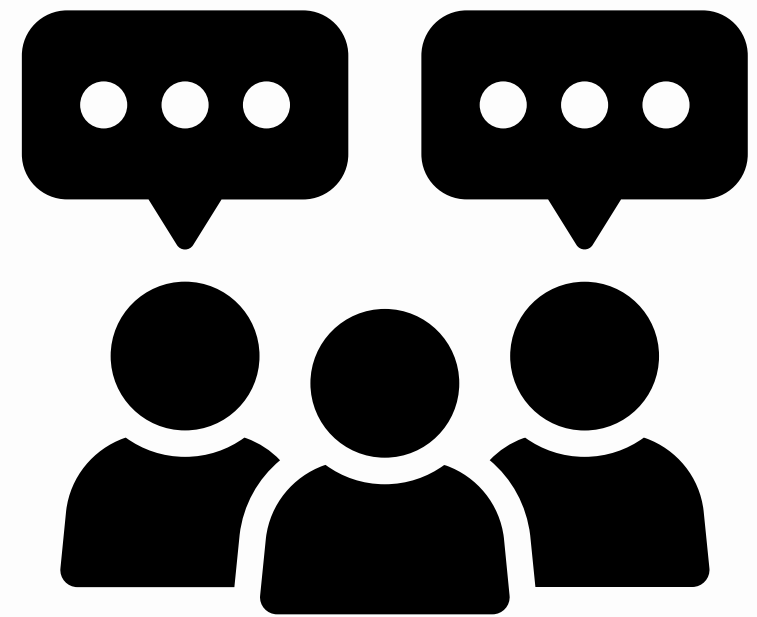


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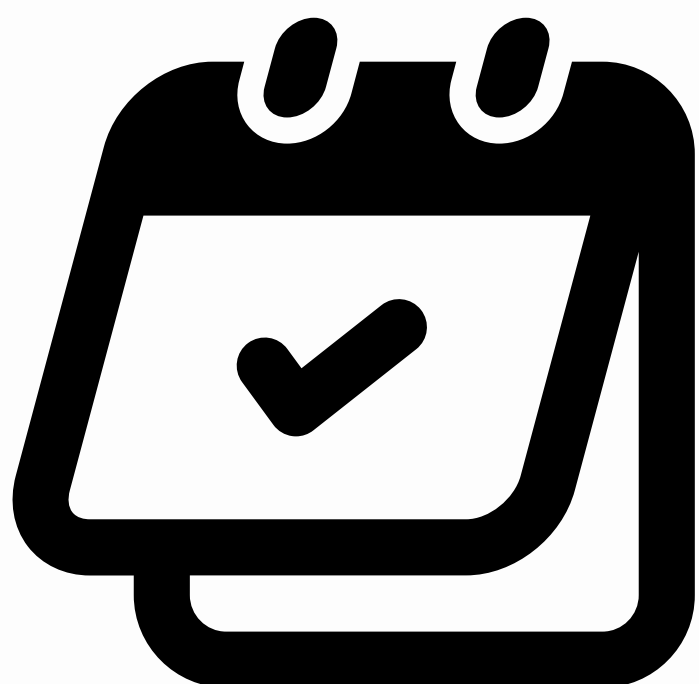
SET SCREEN FREE TIME



PLAN IDEAS TOGETHER



SET TIME FOR ACTIVITY



HAVE FUN!

