

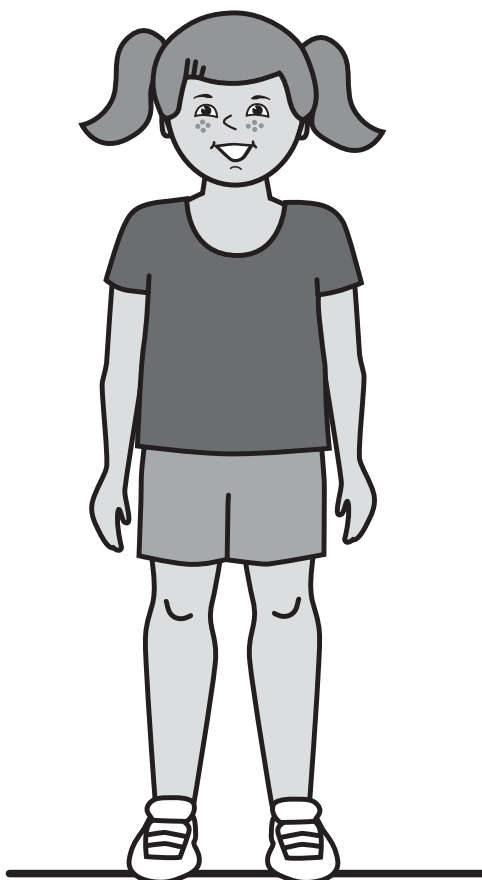


FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS
AEROBIC

JUMPING JACKS



SPARK™

AFTER SCHOOL



FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS

AEROBIC

SKIER



SPARK™

AFTER SCHOOL

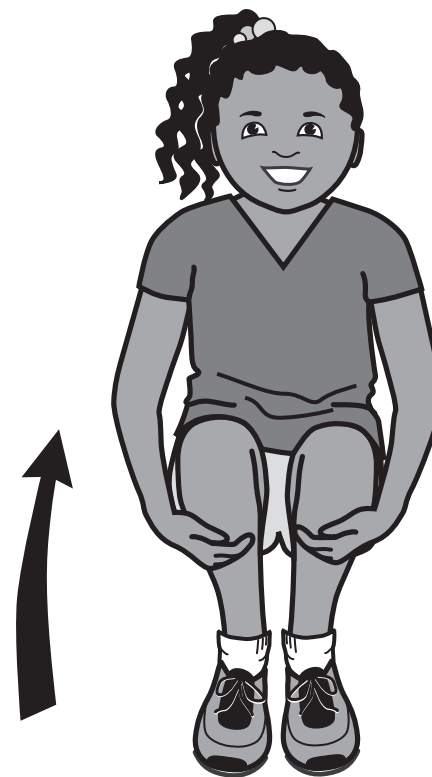
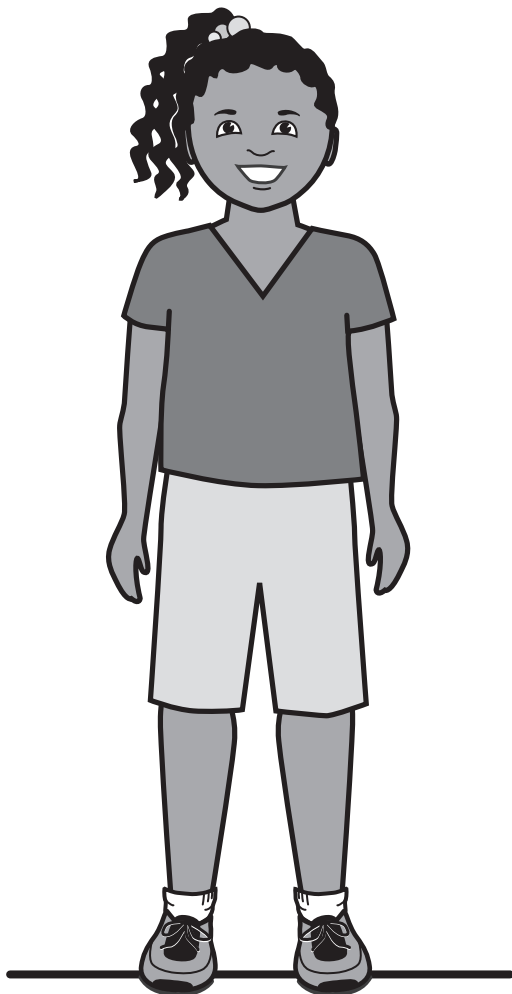


FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS
AEROBIC

JUMP TUCKS



SPARK™

AFTER SCHOOL



FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS
BODY COMPOSITION

FOOD FACT 8

Choose foods low in added sugars and other sweeteners that add “empty” calories.

Name 10 foods you like that don't have added sugars.



FITNESS FUN

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BODY COMPOSITION

FOOD FACT 9

Drinking milk that is lowfat or fat free can help provide calcium to build strong bones.

Name 5 other foods that are in the dairy group.

What other foods contain calcium?



FITNESS FUN

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BODY COMPOSITION

FOOD FACT 10

Eating lean or lowfat meats, fish or poultry is a great way to get protein. Ask for it baked, boiled or grilled – not fried.

What other foods are great sources of protein? Name 3 that you like.

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