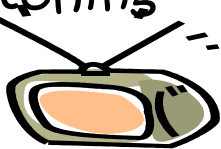
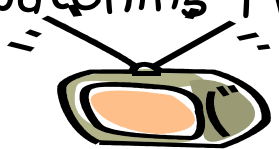


Instead of watching TV I should...



Walk my Dog or ride bikes with my friends.

Instead of watching TV I should...

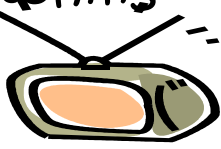


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Instead of watching TV I should...



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Instead of watching TV I should...

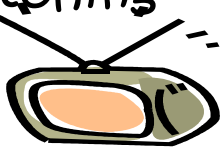


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Instead of watching TV I should...

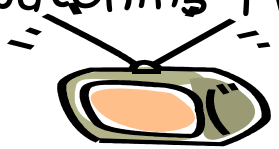


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Instead of watching TV I should...

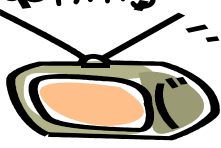


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Instead of watching TV I should...

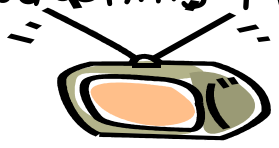


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Instead of watching TV I should...



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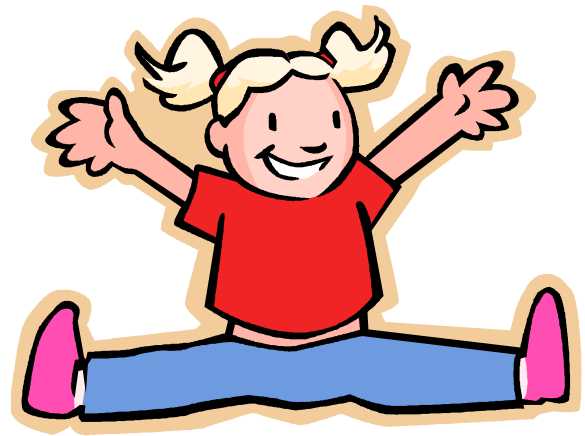
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# This Week is No TV week!



Ride bikes with my friends, jump rope, play at the park, go swimming, do some push-ups, skip around the block, fly a kite, race my dad to the end of the street, build an obstacle course, write a goal sheet for summer,

play hopscotch, jump on the trampoline, have a handstand contest with my neighbor, organize a game of tag with the kids nextdoor, make up a dance routine, take a walk with your mom, run through the sprinkler, ...Have fun!!!



How many fun things can you think of? Write fun things you can do in the boxes on the other side of this page,

when you feel like sitting down in front of the TV use these ideas to keep active!

