

Exercise!

Jumping jacks, tumbling, handstands in the air.

Exercise is better than sitting in your chair.

Throw a ball back and forth. Go walking to and fro.

Get ready, get set, on your mark, let's go!

Find a friend and play a game or two.

Exercise is easy when you know what to do.

Put a helmet on and ride your bike.

Strap on a backpack and go for a hike.

Use a jump rope and sing a rhyme.

Be fit, stay active. Play outside most of the time.

Video games and television are fun for a bit.

Just remember, it's not healthy to only ever sit.

Climb the slide. Use the swings and monkey bars.

Try to walk if you can. Don't just use cars.

Find the time to go outside. Breathe in the fresh air.

Exercise is good for you. Let's make everyone aware!