Do 3 squats to pick and fuel-up with 3 carrots.

Jump up as high as you can 5 times

to pick and fuel-up with 5 apples.



Get in push-up (plank) position.

Drink 4 glasses of water by

alternately bringing the invisible glass to your

mouth with your right hand and then your left hand.



Earlier today you ate a giant piece

of fresh apple pie with ice cream.

It was really yummy.

Now it’s time to balance the extra Calories

by jogging in place for 30 seconds.

Important note: Apple pie is a “once in a while food.”

In real life, you’ll need to jog for a lot longer than 30 seconds

to burn the extra Calories in a piece of pie.