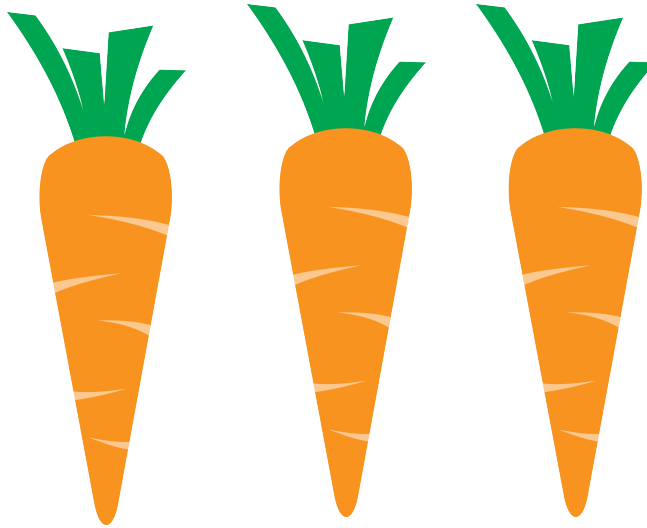


GARDEN ACTIVITY

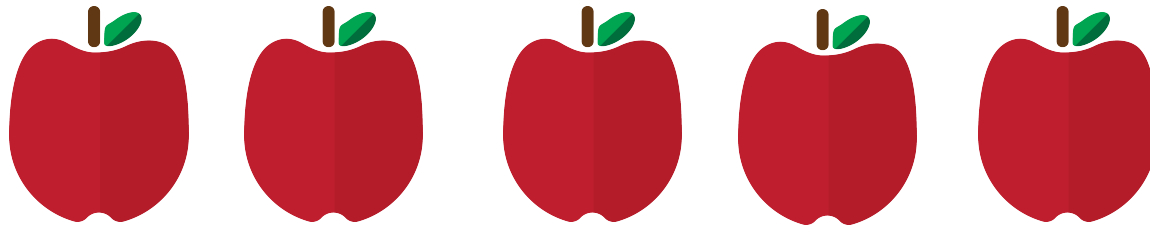


Do 3 squats to pick and fuel-up with 3 carrots.

Think about it... It's best to eat food from farms, not factories.



GARDEN ACTIVITY

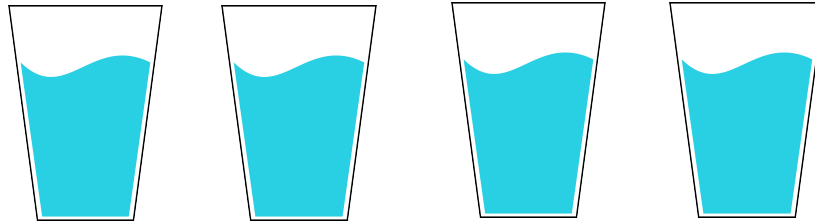


Jump up as high as you can 5 times
to pick and fuel-up with 5 apples.

Think about it... It's best to eat food from farms, not factories.



GARDEN ACTIVITY

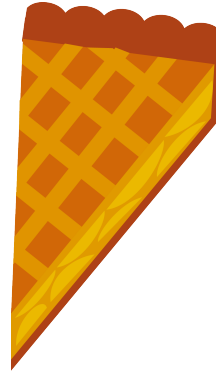


Get in push-up (plank) position.
Drink 4 glasses of water by
alternately bringing the invisible glass to your
mouth with your right hand and then your left hand.

Think about it... It's best to eat food from farms, not factories.



GARDEN ACTIVITY



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.

Think about it... It's best to eat food from farms, not factories.

