



Commit to be Fit...

...May is Physical Fitness Month!

Why?

- Regular exercise can help prevent diseases
- Active students are better learners
- Exercise reduces stress, improves mood, boosts self-esteem

Build a happier, healthier, stronger family
Put aside your technology for more activities together!

Ideas for family fun this summer

- Yard work or gardening
- Fruit picking
- Camping, boating, fishing
- Stargazing
- Collecting seashells
- Building a fort outside

For more ideas visit: <http://www.letsgo.org/>