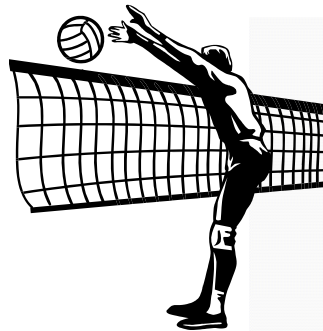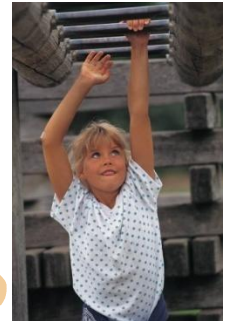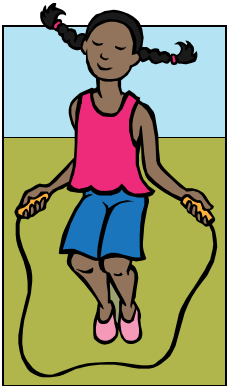# Exercise is fun!
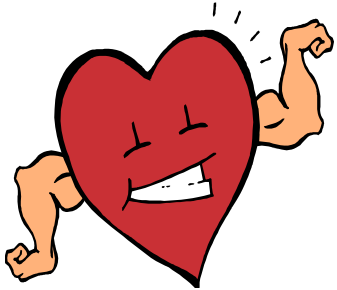
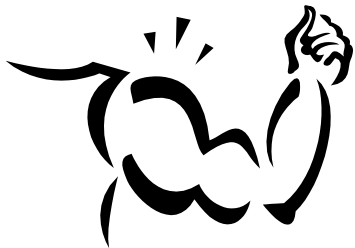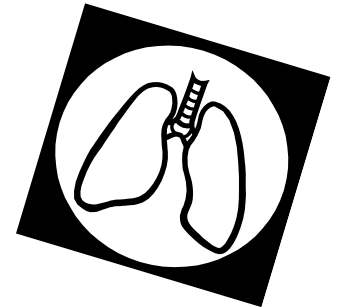Exercise is moving your body for an extended period of time

Exercise 60 minutes a day

Types of Exercise

Cardiovascular Exercises
Exercise that makes the heart beat faster and leaves us short of breath

Strengthening Exercises
Builds strong muscles

Flexibility Exercises
Keeps our muscles loose