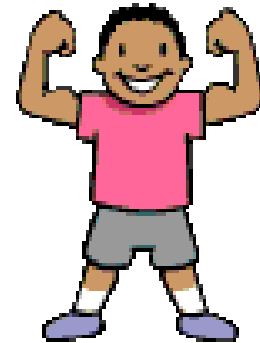


# Physical Activity

## Flexibility-Stretching



## Strength

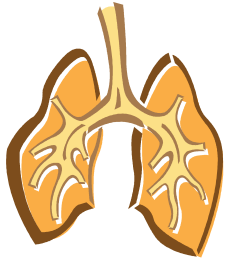


## Cardiovascular



# Why does our body need energy?

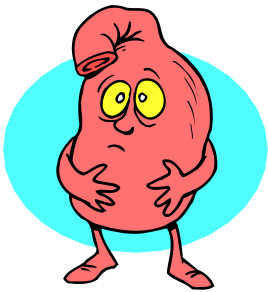
## Basic Body Functions



Breathing



Heart beating

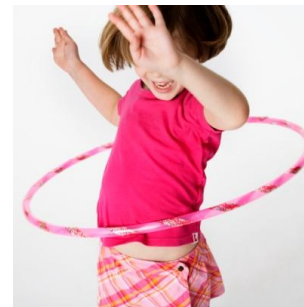


Digestion



Fight off illness

## Physical Activity



# Carbohydrates = Quick Energy for Physical Activity

## Go Food Carbohydrates



- Fruits
- Vegetables
- Grains
- Beans
- Low fat Milk

