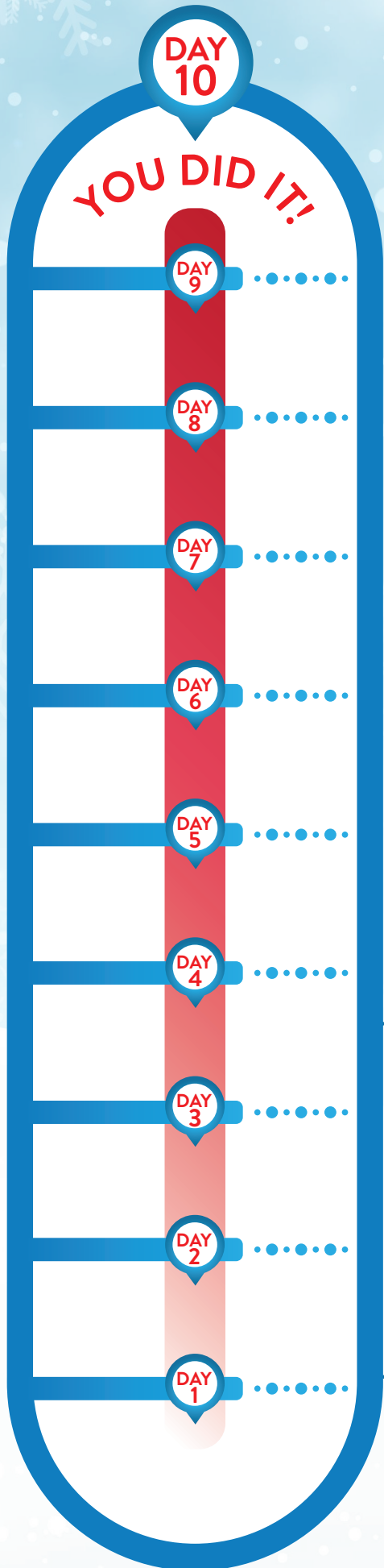


WINTER Warm-up CHALLENGE



MOVE MORE
GOAL:

**GET READY TO MOVE MORE
AND WARM UP!**

Are you up for the Challenge?

For 10 days, shade in the thermometer each day that you move more and watch it warm up.

Moving more means doing anything extra that gets your heart pumping faster & warms you up.

