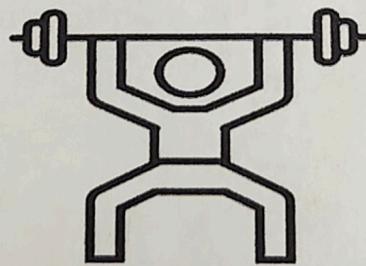


May Moves

Get up and move because it is *May*!

Try a bicep curl, it is good for your arms. Do not forget to try squats it will help you run faster. Also try sit-ups to strengthen your core. Jumping jacks will improve your coordination of your arms and legs. And finally, do not forget to do push-ups, it is really good for your arms.

Once you are done, drink some water and have a snack, like a granola bar, Z bar, or protein bar.



**JW, 2nd Grade
SPX Catholic School, IN**