

HEALTH FACT:

HOW MANY MINUTES
OF EXERCISE SHOULD PEOPLE
TRY TO GET EVERY DAY?

ANSWER: ON AVERAGE, 30 MINUTES

Creative Coloring

Celebrate fitness and sports.

Color in this picture to create your own masterpiece.





• 1568: MARY, QUEEN OF SCOTS IS DEFEATED AND FLEES TO ENGLAND.

• 1846: THE UNITED STATES FORMALLY DECLARES WAR ON MEXICO AFTER MANY DAYS OF FIGHTING.

• 1861: QUEEN VICTORIA OF THE UNITED KINGDOM ISSUES A PROCLAMATION THAT RECOGNIZES THE CONFEDERACY AS HAVING BELLIGERENT RIGHTS DURING THE U.S. CIVIL WAR.



having a strong desire to be more successful than others



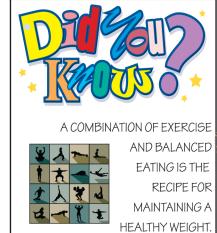
ENGLISH: Exercise

SPANISH: Ejercicio

ITALIAN: Moto

FRENCH: Exercice

GERMAN: Sport





Can you guess what the bigger picture is?

YNƏMEK: DNWBBELL