



Creative Coloring

Celebrate fitness and sports.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **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.

HEALTH FACT:



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

ANSWER: ON AVERAGE, 30 MINUTES

New Word

COMPETITIVE

having a strong desire to be more successful than others

How they SAY that in...

ENGLISH: Exercise

SPANISH: Ejercicio

ITALIAN: Moto

FRENCH: Exercice

GERMAN: Sport

Did you Know?

A COMBINATION OF EXERCISE AND BALANCED EATING IS THE RECIPE FOR MAINTAINING A HEALTHY WEIGHT.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: DUMBBELL