



Muscle of the Week:

Quadriceps (Quads)







How to workout Quadriceps:

- Frog Jumps
- Squats
- Lunges









Would You Rather?



OR



Fun Fitness
Candy Edition



Healthy Living Tip:

HOW DOES SOAP WORK?

peacock kids

COLOSSAL



WEALTHY HABITS



STAYER

of about eight hours of sleep each night.

o same form of exercise every day: run, walk, streich, play.

STAY HEALTHY

ractice good hygicne by eping yourself clean and

germ free.

AY ENERGIZED

 Eat nutritious meals and snacks daily, Include foods from these groups: dairy, grains, protein, yeardables, and fruits.



STAY SAFE

when playing sports, bicycling, or riding in a car

· Obey safety ru

your,

Wash Your Hand