

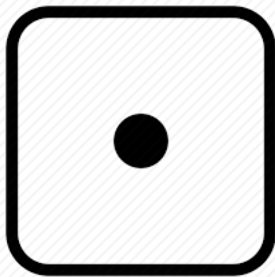


# SUPERHERO DICE FITNESS

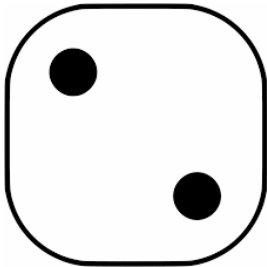


To be **HEALTHY** for a lifetime, it's important to get 60 Minutes of physical activity every day!

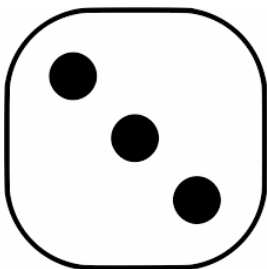
Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each exercise.



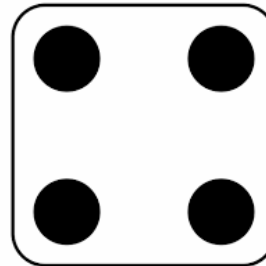
**CURL-UPS**



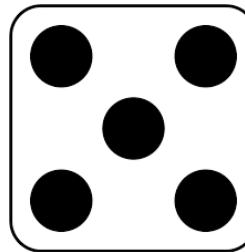
**PUSH-UPS**



**SQUATS**



**JUMPING JACKS**



**CRAB KICKS**



**PRETEND JUMP ROPE**