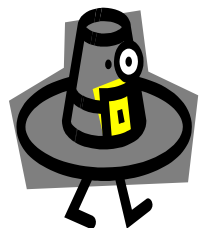
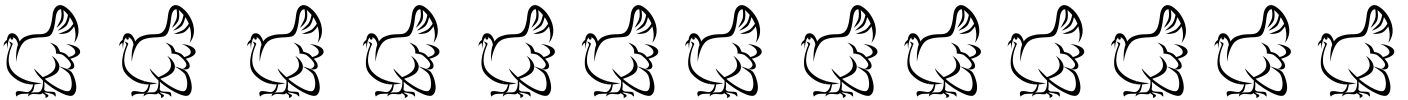
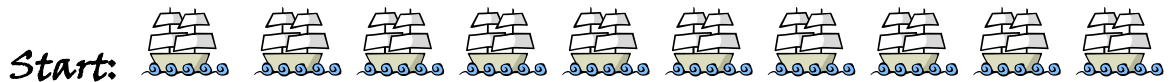
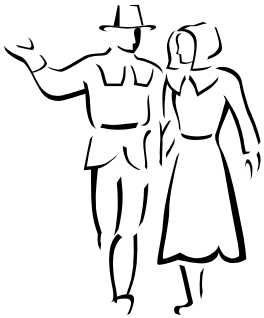


Turkey Trot Time

Want to "trim" off the fat? It will be "gravy" if you join this activity. Earn points for being physically active during that special month when we give thanks and gobble way too much food (November!). Every one has a turkey's chance to win a prize. Rules: For every 15 minutes of moderate to vigorous physical activity you engage in, color in one of the shapes below. You can not count more than 1 hr a day towards your goal (4 shapes). Challenge starts November 1st and ends November 30th. You will be thankful you did this. Get trotting and watch the pounds "Fall" away.

Don't let an inactive lifestyle squash your health!



Name: _____

Return your sheets to Julie Jones in Health Education by December 5th.