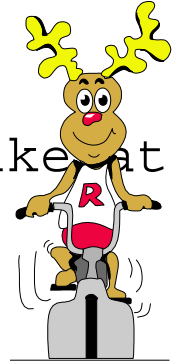


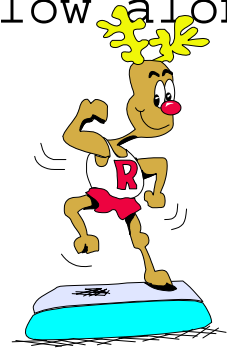
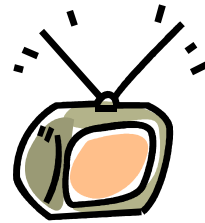
Warm-up your winter

Stay active
inside when it's
cold **outside!**

If you have a
treadmill or bike at
home use it!



Get a good exercise
video and follow along



Do jumping jacks,
push-ups, and sit-
ups everyday!



Play tag or hide 'n
go seek

