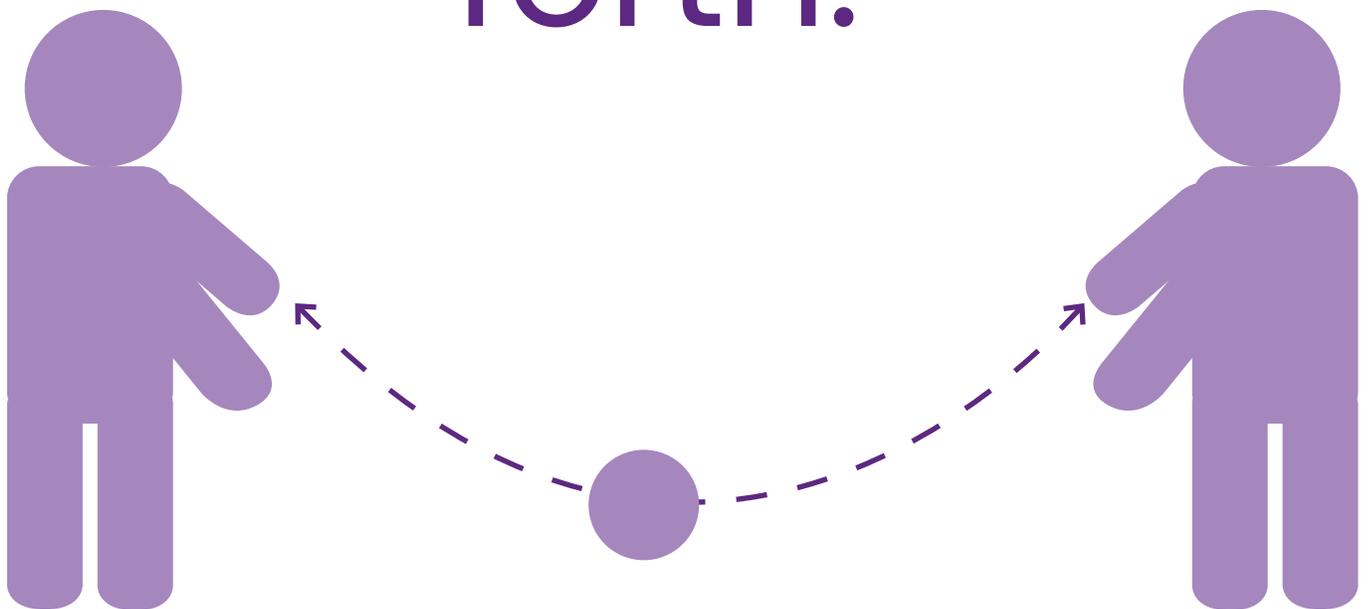


PURPLE

Do something
with a friend.
Play catch or
bounce-pass a
ball back and
forth.

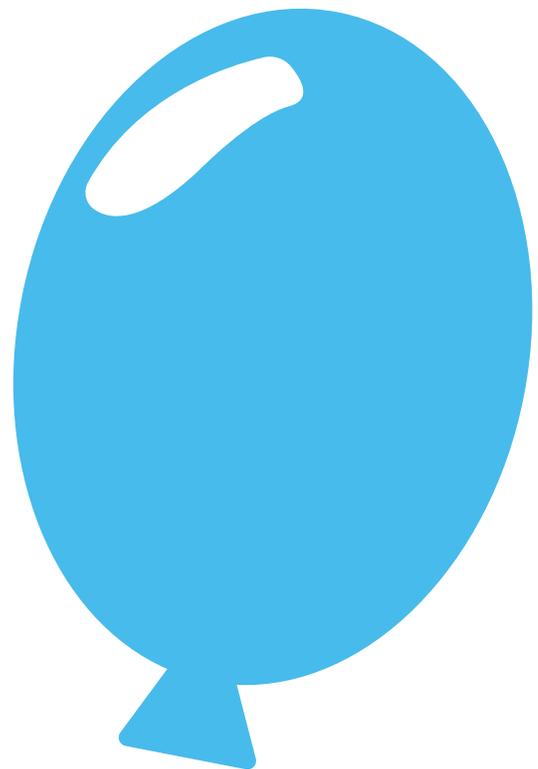
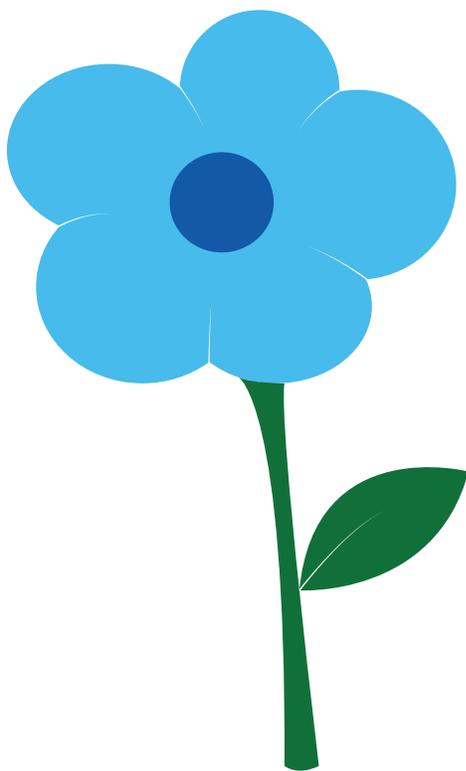


BLUE

Relax!

Inhale like you are
smelling flowers.

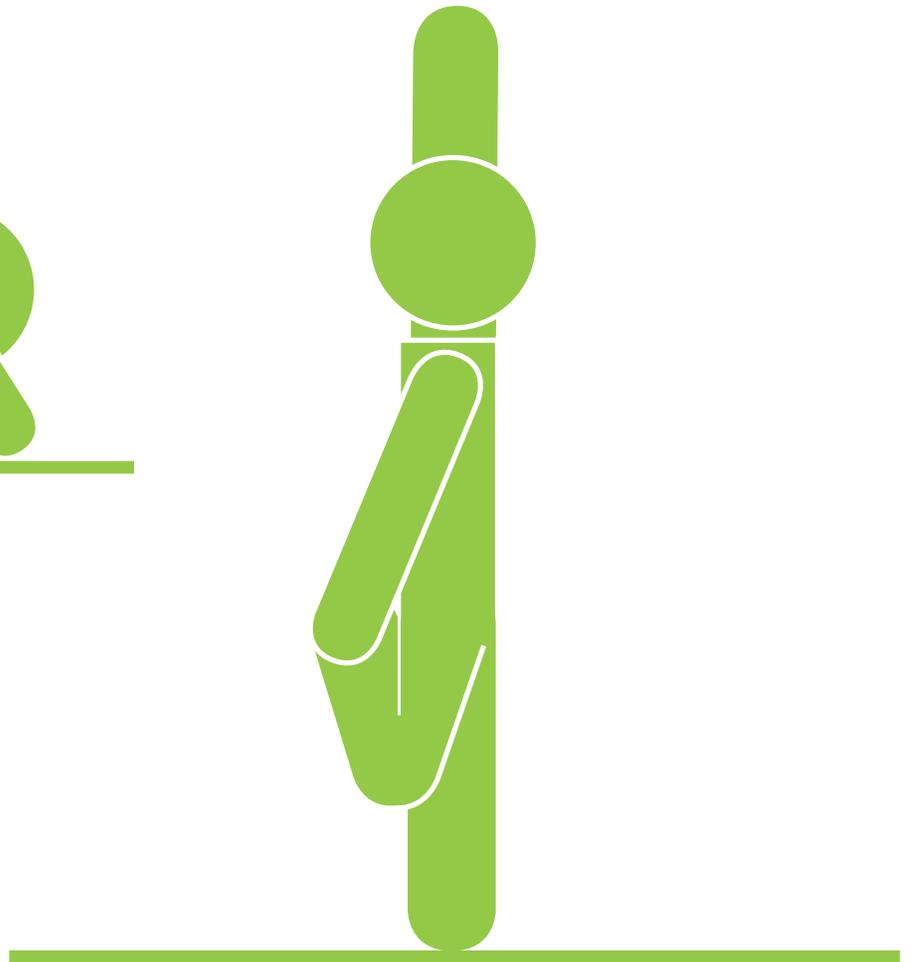
Exhale like you are
blowing up a balloon.



GREEN

Stretch.

Do *fitFlow* yoga.



RED

Get moving!
Jump rope or hop
side-to-side over
a rope.

