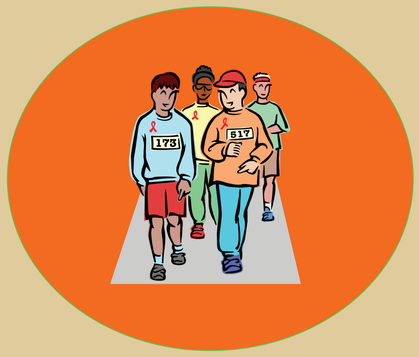
Benefits of Physical Activity

(Why be active?)

1._____
2._____
3._____
4._____
5._____
6._____
7._____
8._____
9._____
10._____

11._____
12._____
13._____
14._____
15._____
16._____
17._____
18._____
19._____
20._____



Brainstorm the "Benefits of Physical Activity"

Work Well℠