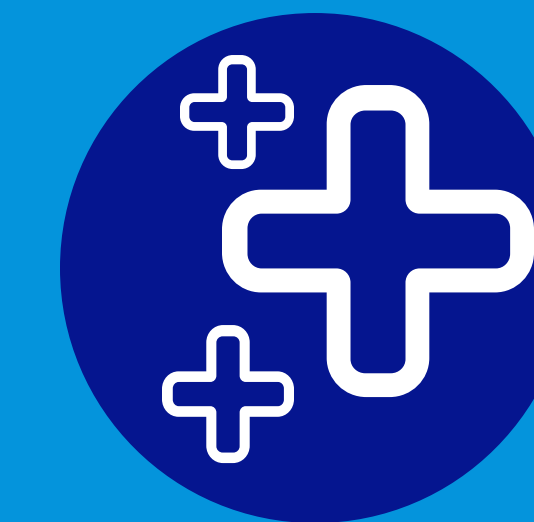




Healthy
@ Home

Stay Positive

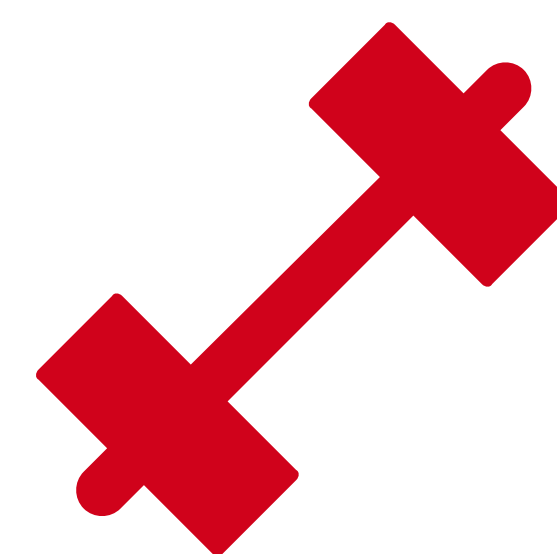
DURING COVID-19



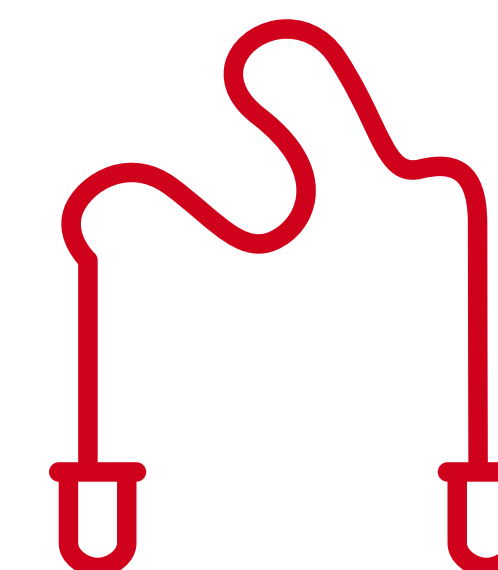
STAY ACTIVE

Move your body for at least 30 minutes every day.

WAYS THAT I CAN STAY ACTIVE:



Weight lifting



Jump rope



Dancing



Chores



Cycling



Stretch



Jogging