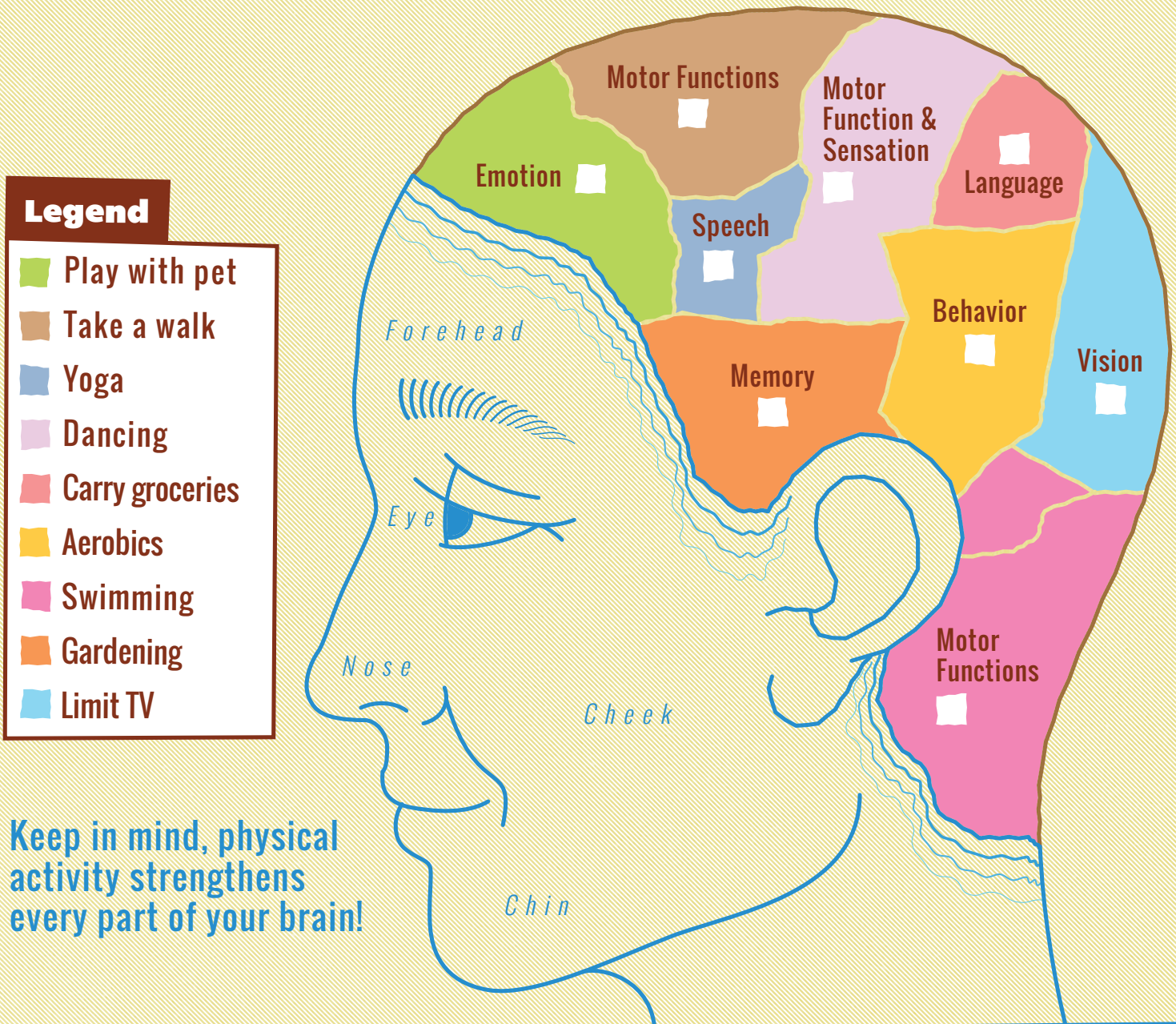


Physical Activity

Mind Map

Refer to the map legend for ways you can put a little play into your day. For each activity you complete, check off the box on the mind map below. From your head to your heart, physical activity keeps your mind and body strong.



Keep in mind, physical activity strengthens every part of your brain!