

## Fitness! It's Not a Mystery, Be Active Every Day



### Materials and Directions

- Colored paper to cover bulletin board and for contrasting border
- Letters for title: **Fitness! It's Not a Mystery, Be Active Every Day!**
- Download and print:
  - Full-color picture of Arianna
  - Pictures of magnifying glass – 6 to 8, depending on the bulletin board size
- Optional: Physical Activity Words
- Locate and download physical activity clip art\* from the Web or use magazine pictures– 1 image for each magnifying glass
- Cut out magnifying glass and physical activity clip art or magazine pictures
- Optional: Cut out physical activity words if using
- Mount bulletin board

\*Clip art for the example is from [www.clipart.com](http://www.clipart.com)





BE

ACTIVE

**EVERY DAY**