

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





BE

ACTIVE

EVERY DAY