

running, walking, baseball, basketball, football, biking, skating, croquet, hiking, volleyball, softball,

jump rope, lacrosse, dancing, swimming, relay races,



# Knees Lifted High

Week 3

Mr. Eagle says, "To stay healthy and strong we need to move our whole body every day."

To protect our family from the health risks of diabetes, I pledge to join in at least one fun, healthy activity with my child this week.

Date \_\_\_\_\_

Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_

soccer, hardball, jogging, tumbling, tetherball, golf,

gardening, rollerblading, skateboarding, badminton, tennis, Frisbee®, dancing, tag, hopscotch, skiing,

running, walking, baseball, basketball, football, biking, skating, croquet, hiking, volleyball, softball,

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