

# Body care

1. Healthy habits/ food choice- move up one space
2. Unhealthy food choice- you must do the fitness activity
3. Unhealthy habit- move back one space

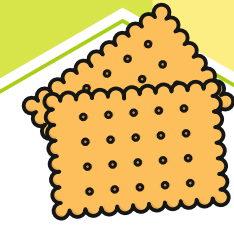
FINISH



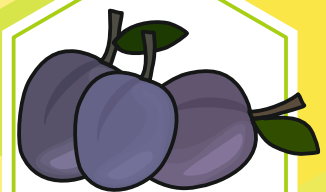
run in place for 10 seconds



jump 7 times



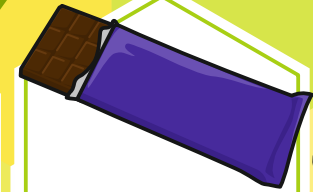
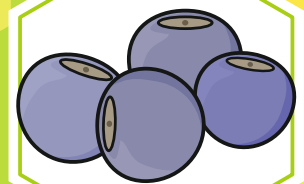
do 8 jacks-jumps



START



do 5 sit-ups



hop on 1 foot six times

