

# Maggie's Health Tips



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## Cooler weather makes it easier to stay fit.

Fall is my favorite season. It's cooler. This means we can play and have fun with friends outside during recess and after school. Experts say we're supposed to get at least 60 minutes of physical activity at least 5 days a week in order to be fit and healthy. In the winter, it's easy to sit around watching TV and playing video games. Now, we have no excuse for not exercising.

My friends on the President's Council for Fitness and Sports have come up with a pyramid of the types of activities we can do to keep in shape.



**Go on an adventure!** Click [HERE](#) to join my friend, *Darby Boingg* and her friends, *Skip Drive-Thru*, *Constance Eatrite*, *Snack King*, and *Claire Springs* as they go on an **Adventures Through Fitropolis**. She and her team learn about exercise and healthy eating while traveling through the healthiest city on earth – Fitropolis.

