

Get Out and Get Fit

by Amy Helfer





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Do you want to get fit and have fun?
Just get outside!



What can you do when it is hot
outside?

These kids like to swim and dive.
They like the water.



Diving into a cold lake is so good!
Swimming is good for you. It helps you
be fit and it is fun, too.



Tubing is a fun thing to do when it is hot.

These people are riding their tubes in the water. They could fall in, but they have life jackets. They are safe in their life jackets.



What if it is cold outside?
Kids use tubes to slide down a hill.
Then they have to walk up again.



Do you have skates?
Skating is fun when it is cold out.



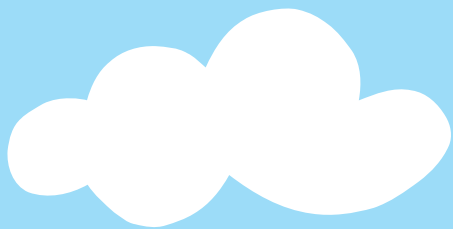
He likes skating.
He skates toward his mom.



Many people like to hike. You can hike when it is hot or cold. Take your lunch in a backpack and hike up to the top of a hill.

If you can walk, you can hike.

These people made it to the top!



These kids like to run. They chase the ball and kick it. They get fit and have fun.





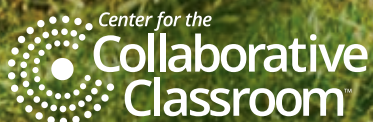
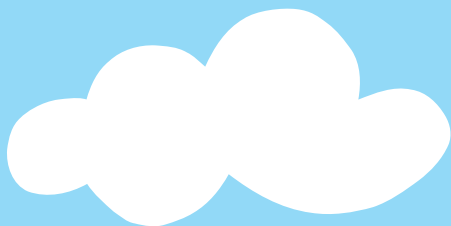
And then there is good old biking!
Many kids like riding their bikes.





Do you want to be fit? Swimming, tubing, skating, running, hiking, and biking all help you get fit.

Just get outside and have fun!



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