

*exercise
your right to*

**jump
climb**

run

slide

hop

swim

jog

move

skip

dance

catch

walk

exercise

enjoy

groove

participate

throw

join in

compete

have fun


play

and

**FEEL BETTER
MINNESOTA**



Saint Paul
PUBLIC SCHOOLS



exercise
good choices
beets
cherries
cranberries
tomatoes
pumpkins
cantaloupe
squash
mangoes
pears
bananas
cabbage
jicama
asparagus
bok choy
beans
bitter melon
spinach
zucchini
grapes
plums
eggplants
blueberries
and
FEEL BETTER
MINNESOTA

