



Doctor Owl's  
Wise Words



Your body needs at least 60 minutes of exercise each day.  
Which 3 activities are good ways to get exercise?

- A) Dancing
- B) Playing sports
- C) Doing jumping jacks
- D) Napping

Answer: A, B and C. Try to limit TV, video games and computer/ smartphone use to 2 hours a day so you have more time to be active!