



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) Playing tag
- B) Jumping rope
- C) Riding a bike
- D) Playing video games

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!