



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) Walking
- B) Climbing stairs
- C) Watching TV
- D) Playing basketball

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