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