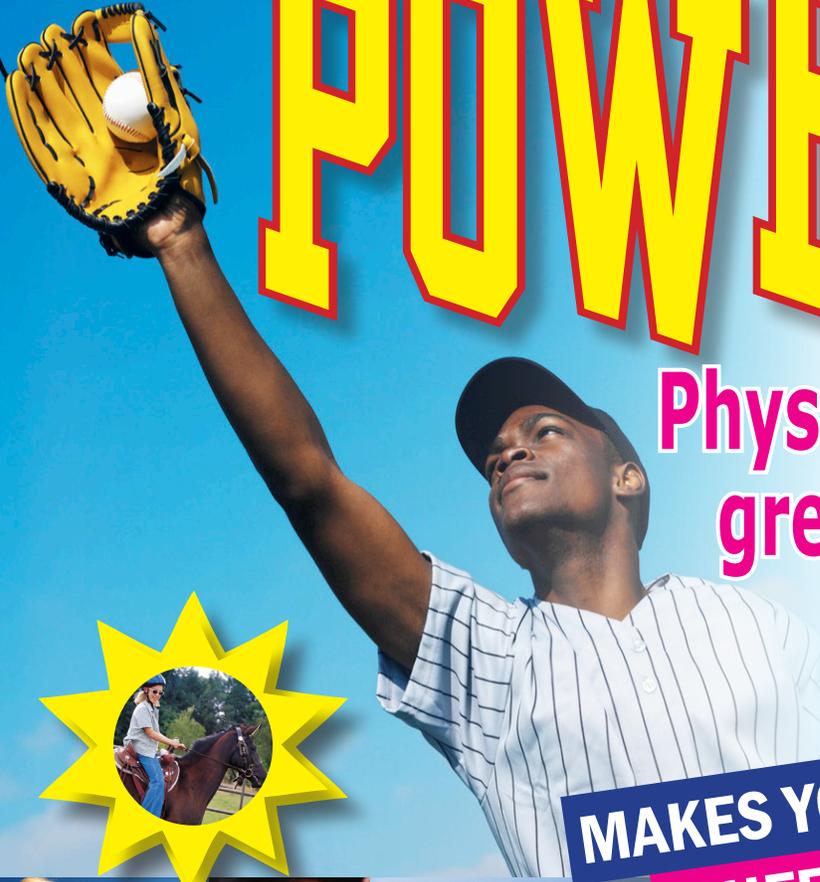


POWER UP!

Physical activity is fun and great for your HEALTH!



MAKES YOU FEEL CHEERFUL!



SHARPENS YOUR MIND AND MEMORY!



GIVES YOU MORE ENERGY FOR WHAT YOU WANT TO DO!



Keeps you more healthy and fit!

If we have more healthy choices, we'll be able to have healthier lives. For more information, contact: Rod Himon, Communities Putting Prevention to Work 501-340-5322, rhimon@northlittlerock.ar.gov

