



Doctor Owl's
Wise Words



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

- A) Playing tag
- B) Watching TV
- C) Riding a bike
- D) Jumping rope

Answer: A, C 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!