

EXERCISE

Did you know?
You have more than
100 muscles in
your body.

When you exercise
you are burning
of calories. *re: abt*

If you don't want to
exercise you need to
get motivated.



There
As long
as you
are active
you will
still be
burn
lose fat

You can have lots
of different food but
just balance what you
eat.

Exercise is really
important for your
physical and mental
health.