Put a Little PLAY Into Your DAY Circle th Don't be ret out t



Circle the activity below that makes you happy. Don't be shy, you can circle more than one! Now get out there and make every day a play day!



Stay active with **EatWellBeWell.org**

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider.