



the
True Princess

BEING ACTIVE

A True Princess cares about her body **INSIDE** and **OUT**. She knows that she needs to be active to make sure that everything is running right. All True Princesses walk and run with joy! They are happy that they have bodies that are healthy and have lots of energy. What are some of the things that you can do every day to keep your body active? Make a list:

Now of those things, what **WILL** you do? Add an activity for at least 30 minutes each and every day on your calendar. Plan exactly when you will do it. Then put a circle around it on a calendar when you've done it.

Try to think of new and fun things that you haven't done to actively move for 30 minutes each day. Here are some ideas:

Jump rope
Dance, dance, dance
Play duck, duck, goose
Play ball

Do you feel differently when you are active? Tell us about that.