

THE WEEKLY BLURB

WEEK OF SEPTEMBER 28, 2020

HEALTHY TIP: AHHHH WATER!

- It is the natural "cushion" for your body. By Providing your body with water, you are protecting your muscles, bones, spinal cord and other organs!



PHYSICAL ACTIVITY TIP: EXERCISE MAKES YOUR HEART HAPPY

- You may know that your heart is a muscle. It works hard, pumping blood through your body everyday of your life. You can help this important muscle get stronger by exercising each day!

Apples

- Most apples are still picked by hand.
- 25 percent of an apple's volume is air; that's why they float.

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