

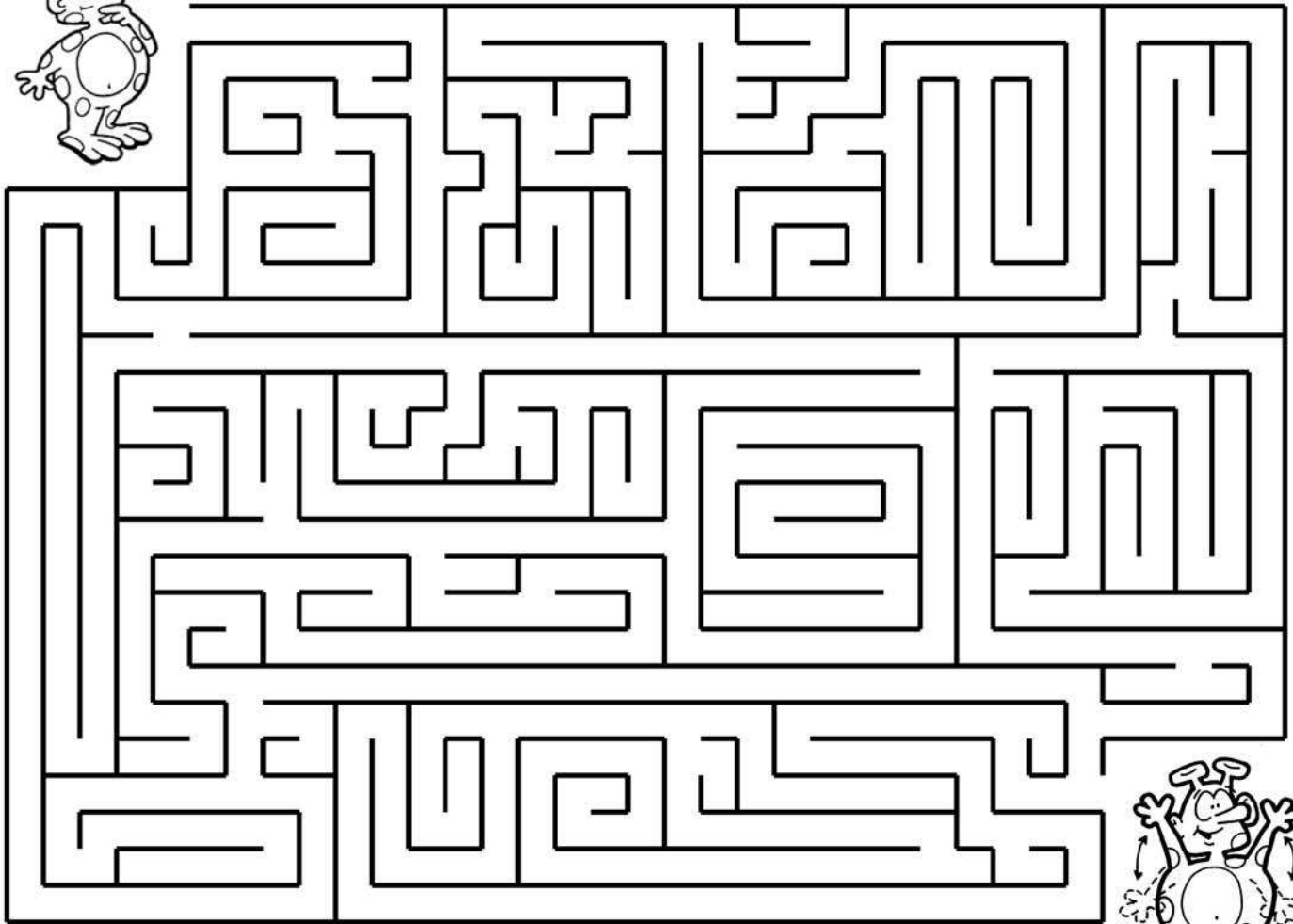
Help Mac Find His Way to the Playground!

Exercise is important to Mac because it keeps him healthy in mind, body, and spirit.

Mac exercises all the time without even thinking about it.

Just being active outside or at a playground is a kind of exercise.

What specific types of exercise do you do?



DID YOU KNOW?

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Be active every day and your body will thank you later!