

# STEP OUTS



Stand up straight, step one leg out to the side and bring your hands above your head. Come back to standing straight, then repeat on the other side.

The background is a solid green color with a repeating pattern of white line-art icons for various fruits and vegetables, including bananas, carrots, broccoli, water bottles, mushrooms, and apples. A large, solid green circle is centered on the page, serving as a backdrop for the text.

# Crunch&Sip<sup>®</sup>

Mini Movement Moments