

**YOUR TIME  
TO SHINE!**

**START YOUR DAY WITH  
NUTRITIOUS FOOD  
AND EXERCISE!**

**DID YOU KNOW?**

**KANGAROOS**  
**CAN JUMP UP TO 25 FEET**  
**IN A SINGLE LEAP?**

**(SO COOL!)**



**HOW FAR CAN  
YOU JUMP?**

**YOUR TIME  
TO SHINE!**

**START YOUR DAY WITH  
NUTRITIOUS FOOD  
AND EXERCISE!**

**DID YOU KNOW?**

**FLAMINGOS**  
**CAN STAND ON ONE leg**  
**FOR 4 HOURS!**

**AMAZING, RIGHT?!**



**HOW LONG  
CAN YOU  
STAND ON  
ONE leg?**

