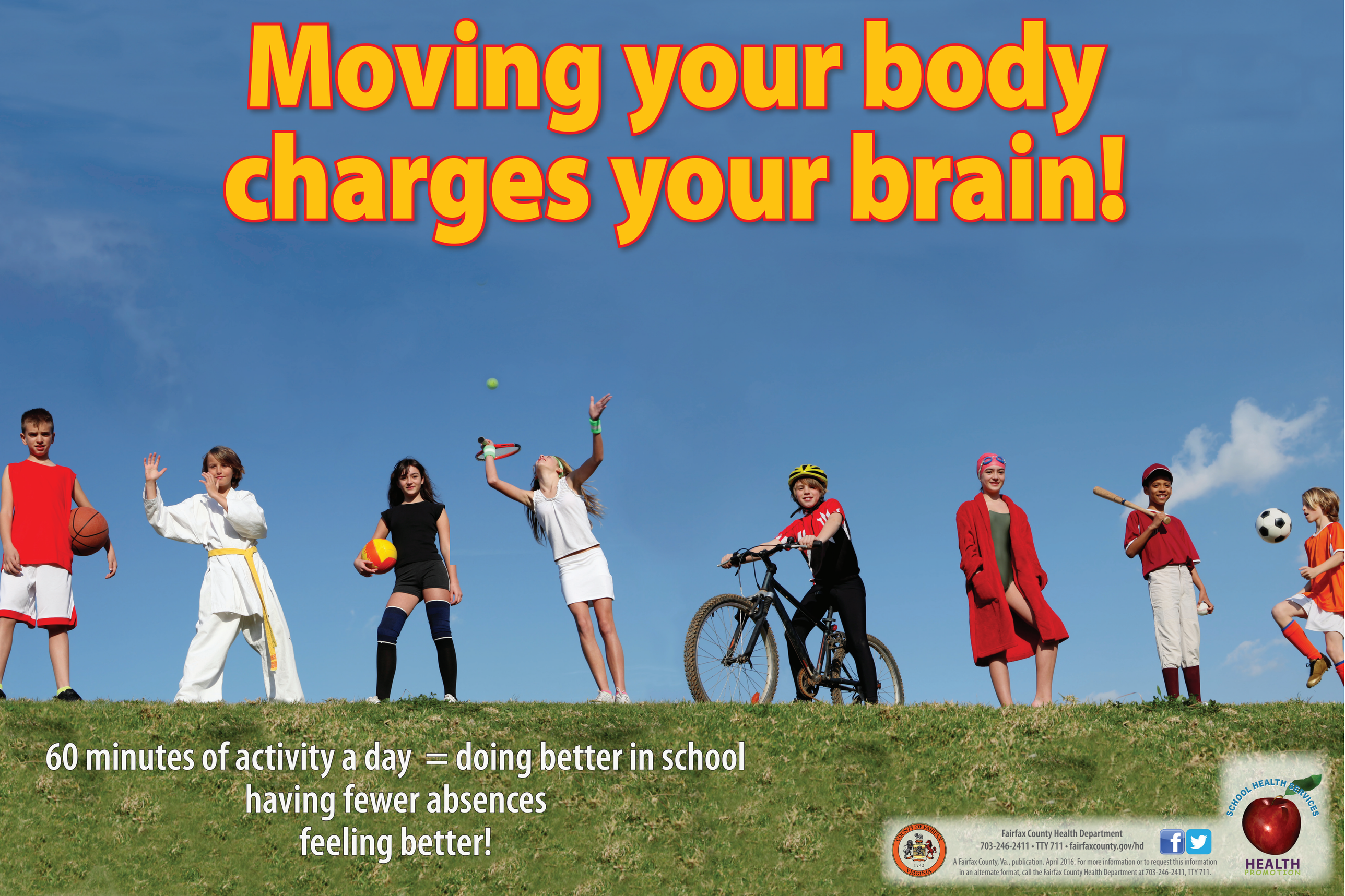
Moving your body charges your brain!



60 minutes of activity a day = doing better in school
having fewer absences
feeling better!

Fairfax County Health Department
703-246-2411 • TTY 711 • fairfaxcounty.gov/hd

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SCHOOL HEALTH SERVICES
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