

The best way to stay in shape is to get movin' and burn some calories!



flexibility fun dance arms calories

Fill in the blanks below with the words above.

_____ your way to being flexible and fit! Gettin' jiggy with it and hitting
 up the dance floor is the perfect way to get movin' and burn _____ away
 while you're having tons of _____.! Dancing improves your _____, too,
 allowing you to move your _____ and legs without feeling tightness or pain.

ANSWERS: 1. dance, 2. calories, 3. fun, 4. flexibility, 5. arms

FIT FLYER™

Playing with the Fit Flyer™ = 36 calories*

FIT FOOTBALL™

Playing with the Fit Football™ = 96 calories*

It's important to eat a balanced diet! Have fun with it by adding lots of color to your plate with veggies and fruits.

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
OILS Oils are not a food group, but you need some for good health. Get your oils from fish, nuts and liquid oils, such as corn and canola oils.				

*Calories based on a 50-lb. child. Adapted from USDA MyPyramid.gov. USDA does not endorse any products, services, or organizations.



\$1.99 PLUS TAX Wacky Pack® Kids' Meal

WITH PURCHASE OF ANY NUMBERED COMBO MEAL*

**Excludes CreamSlush® Treats.
 *Combo meal excludes a Wacky Pack® Kids' Meal. Offer good only at participating SONIC® Drive-Ins. One meal per coupon. One coupon per visit. Please mention and surrender coupon when ordering. Guests ages 12 and under must be accompanied by an adult. Not valid in conjunction with any other offer. No cash value. Copies, sales and Internet auction or distribution prohibited. All Kids' Meals are served with tots, fries, fresh banana or apple slices with fat-free caramel dipping sauce, a kids' size 1% milk, 100% apple or orange juice, fruit punch, soft drink or slush** and a cool toy. Offer expires 4/15/10. TM & ©March 2010 America's Drive-In Brand Properties LLC