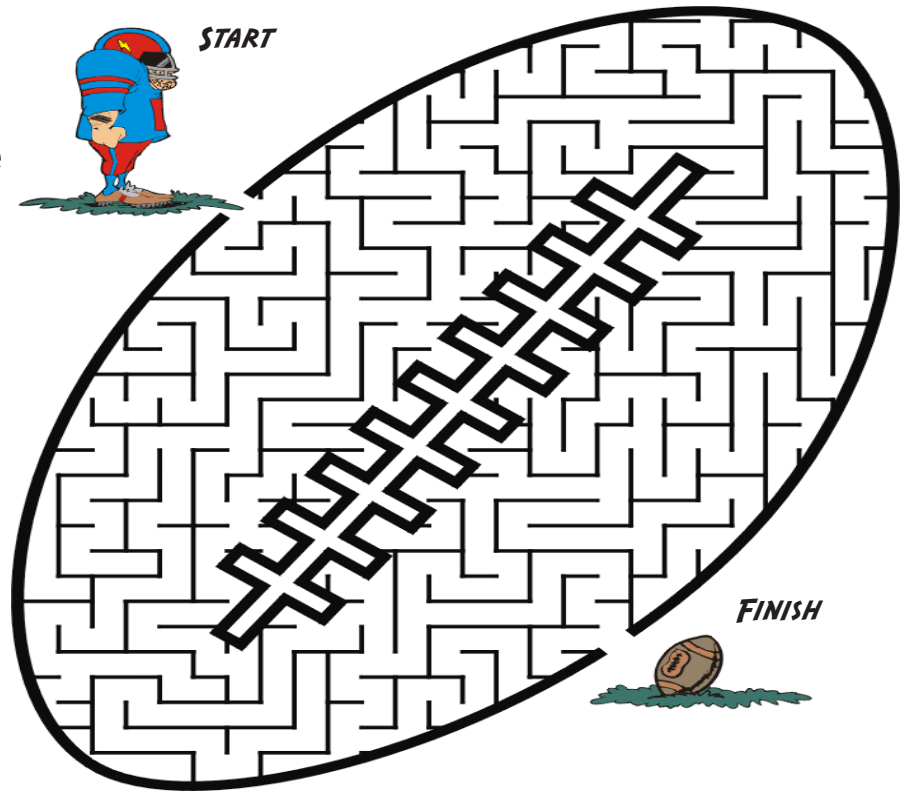


# Safari Spring Activities



Get  
outside  
and  
move  
this  
spring!



## *Match Fun Facts*

### **Fruit and Veggie Of The Month: Celery**

Eating celery does so many great things for your body. Celery helps reduce inflammation, is low in calories, aids in digestion and is loaded in vitamin A which helps with eye health. Celery is also packed with a powerful flavanoid called luteolin which helps prevent cancer.

### **Activity Of The Month: Gymnastics**

Did you know that there are springs under the floor mats gymnasts use to do their floor exercises? It's true; the springs help gymnasts with their routines as well as help cushion their landings. Most professional gymnasts began their careers at age 2 or 3 years old so don't be discouraged if you aren't a pro. Just take it one step at a time and have fun trying gymnastics out!