

I Know...

...what muscles I use when I hula-hoop.

...working out with friends motivates me.

...what my target heart rate is.

...exercise can improve my self-esteem.

...how to be fit!

I Know because of...

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.



U.S. Department of Health and Human Services,
Office on Women's Health

