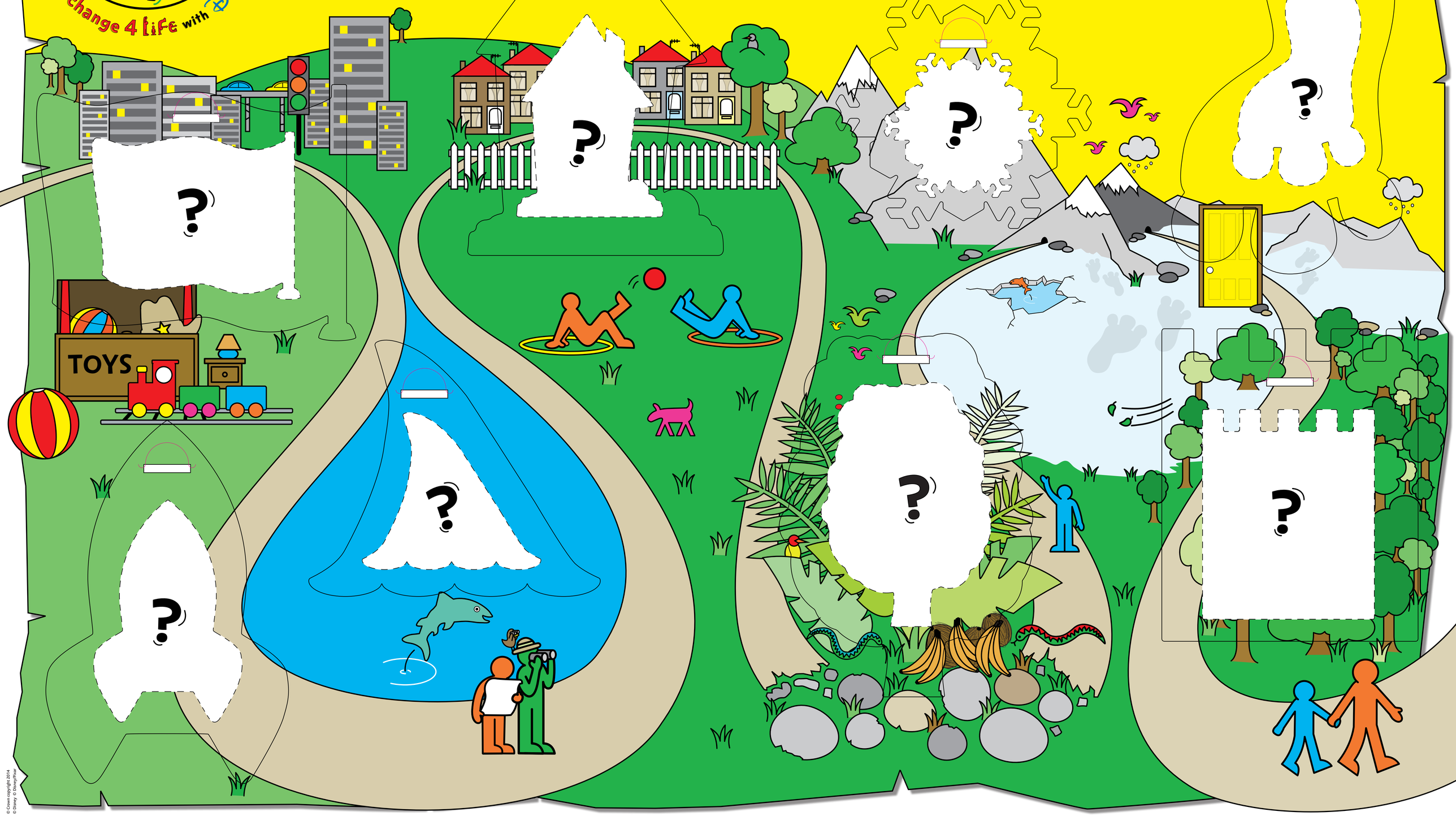
10 minute shake up

from change 4 life with Disney

Shake up your day!

Our 10 Minute Shake Up games are loads of fun and they'll help you get the recommended 60 minutes or more of physical activity every day. Keeping active helps you maintain a healthy weight and is important to keep your heart and bones healthy too.

So, use these cards to shake things up and get active!



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