**CAES you are the best!!!**

**Kids get up and exercise!!!**

**You can’t sit around all day and play video games, get up and move.**

**I’ve enclosed a web site to follow simple exercises every day to get moving.**

<https://www.youtube.com/user/thebodycoach1>

**Go for a walk around the block; throw a ball against a wall outside, jump rope, jog, ride your bike.**

**Do something to keep HEALTHY we can beat this**

**COVID -19**