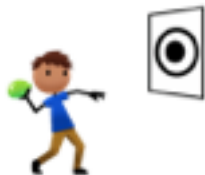
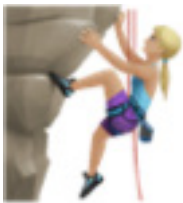


ACTION WORDS

Please match the picture to its action, GO!



Lift	Crawl	Squat	Dive
Push	Hit	Swim	Catch
Jump	Walk	Climb	Skip
Pull	Throw	Carry	Kick
Run	Riding	Pick up	Punch

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV