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Patient Tools

2 to 18 Years:

I Get one hour or more of physical activity every day.

Fun Ways to Be Physically Active

Take It Outside!

Take It Outside! with Maine State Parks Flyer

Physical Play Every Day! (2 years to 3 years)

Physical Play Every Day! (Ages 3 and 4 years)

Physical Play Every Day! (Ages 4 and 5 years)

I Get one hour or more of physical activity every day.



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