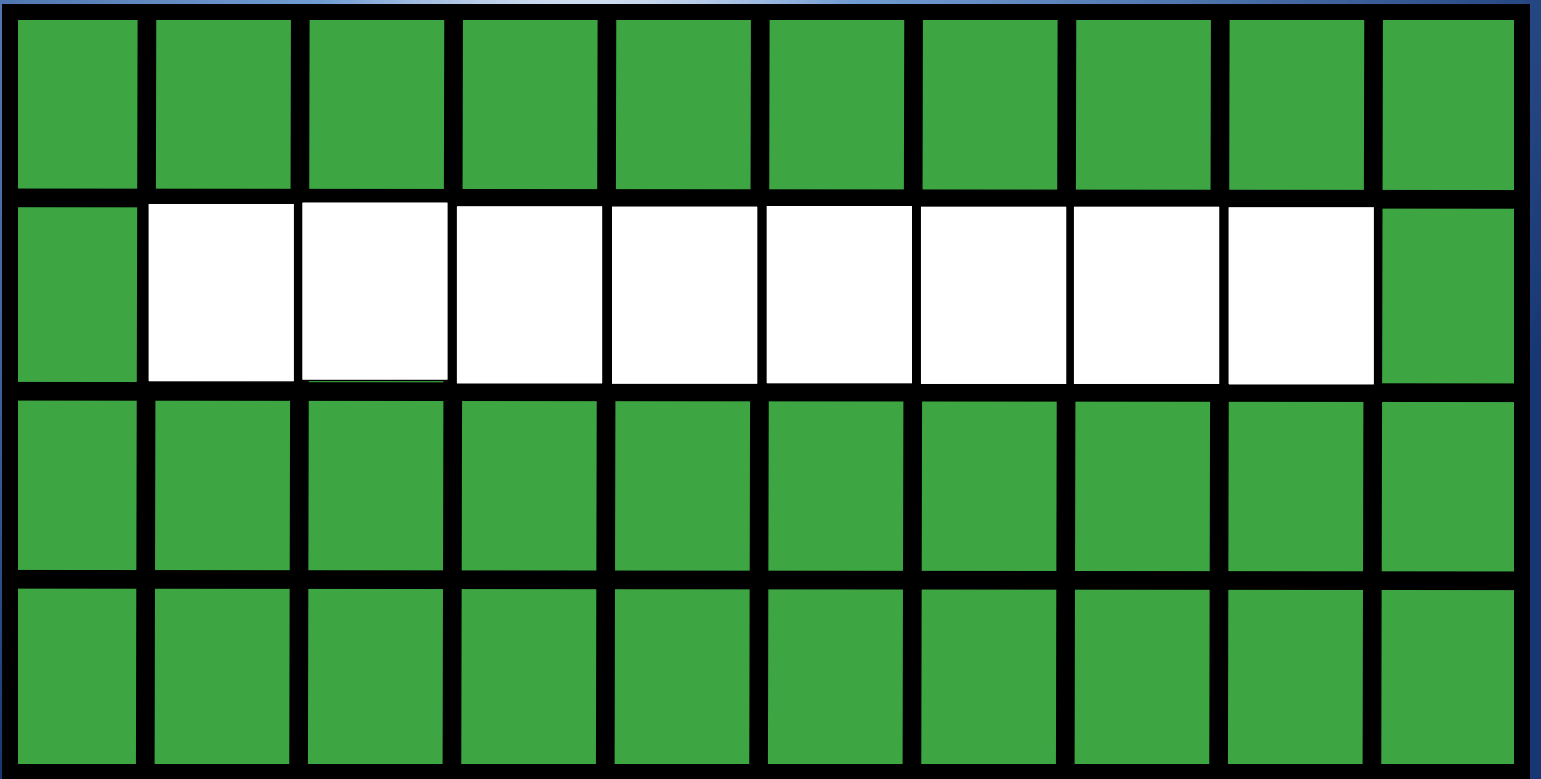
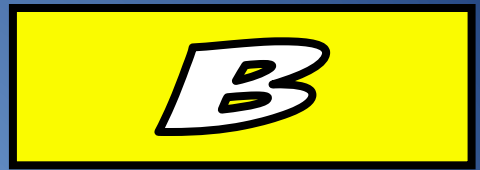
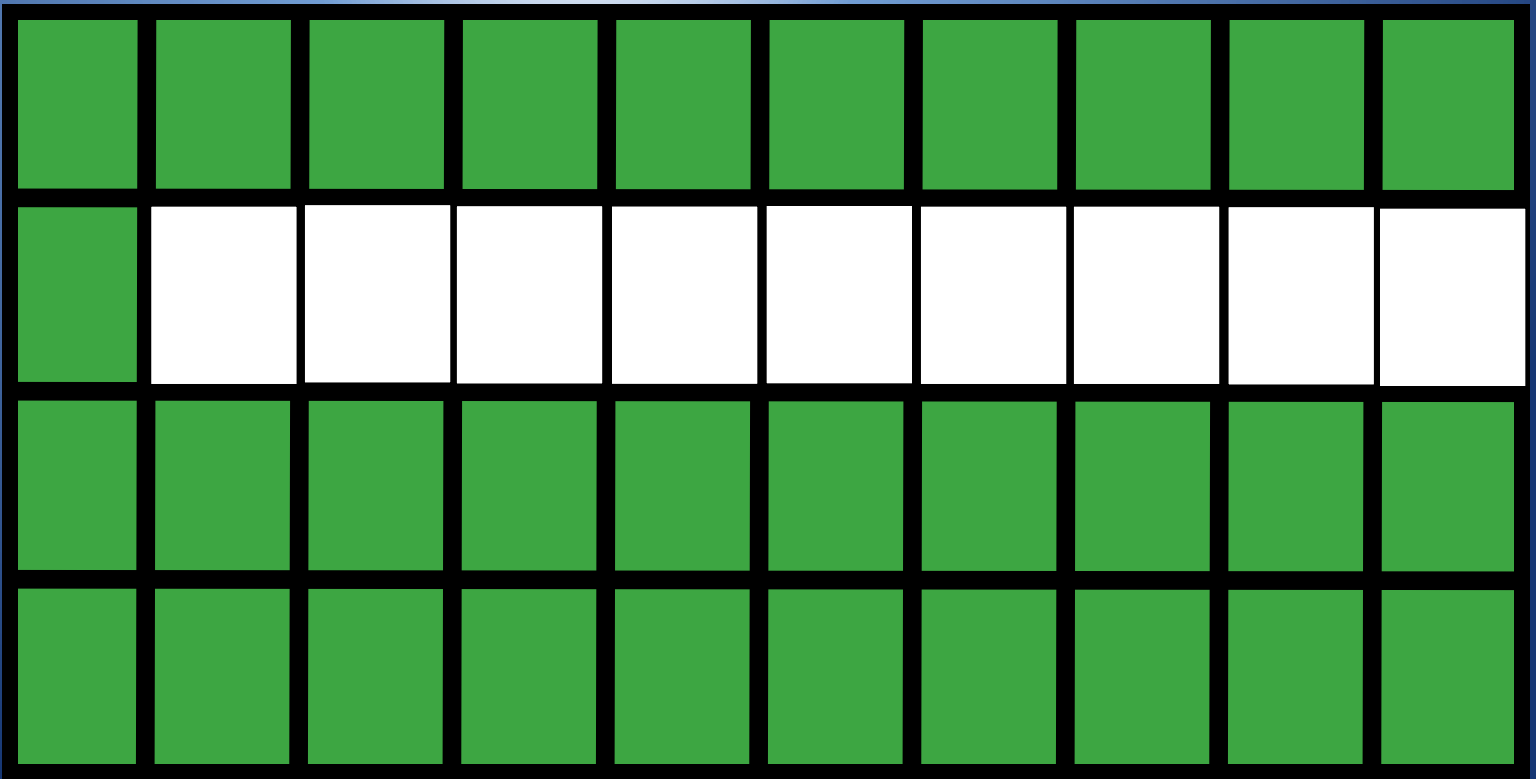
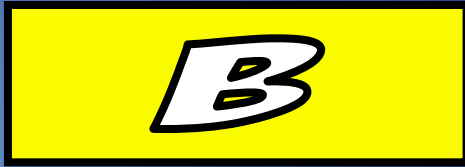


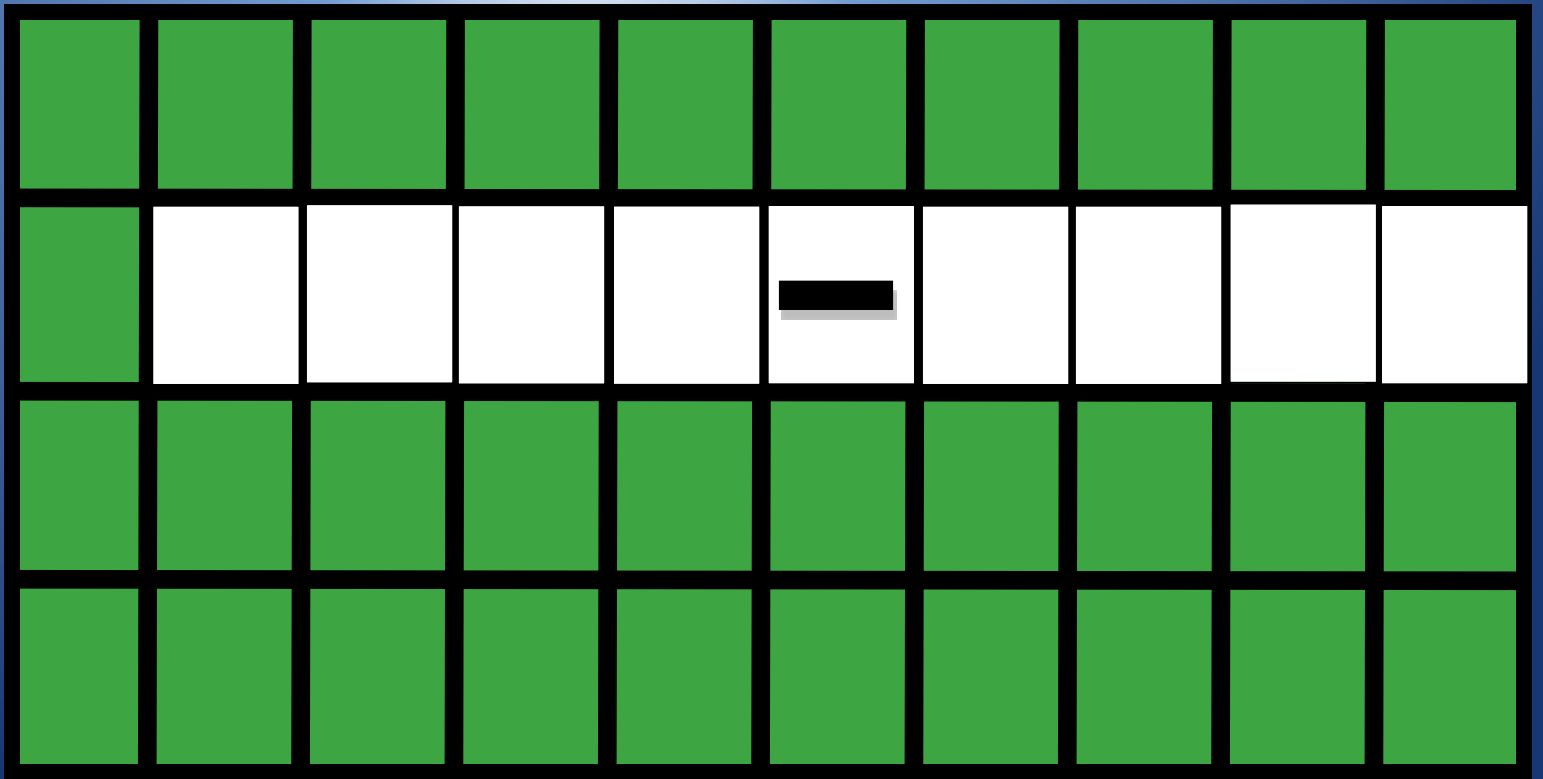
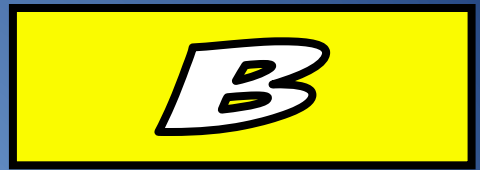
2 PLACES ON THE BODY TO CHECK YOUR PULSE



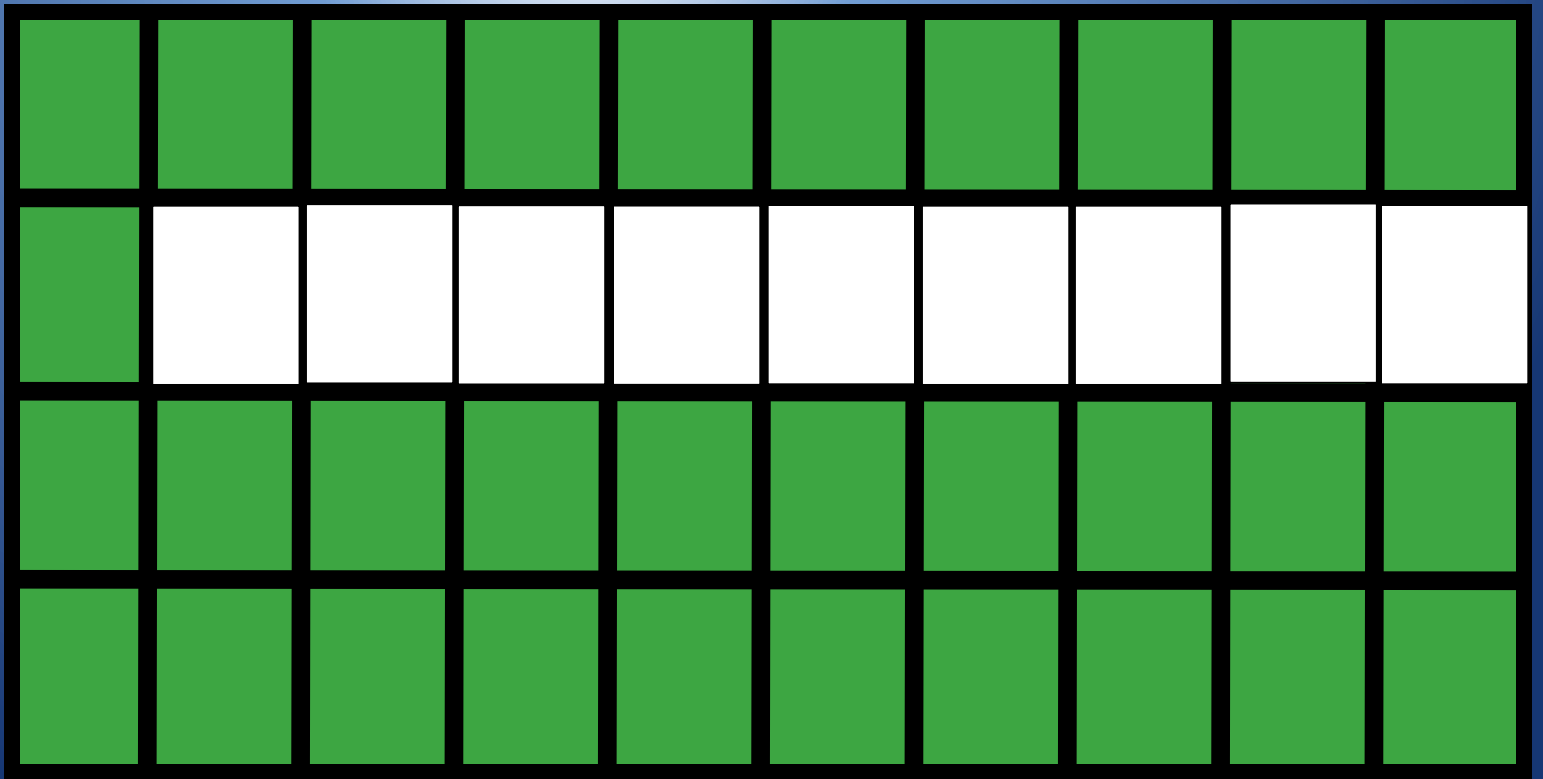
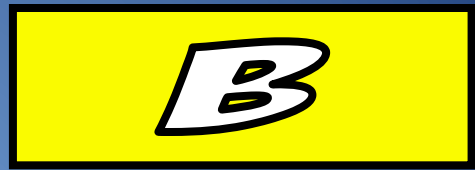
STEP & HOP, STEP & HOP



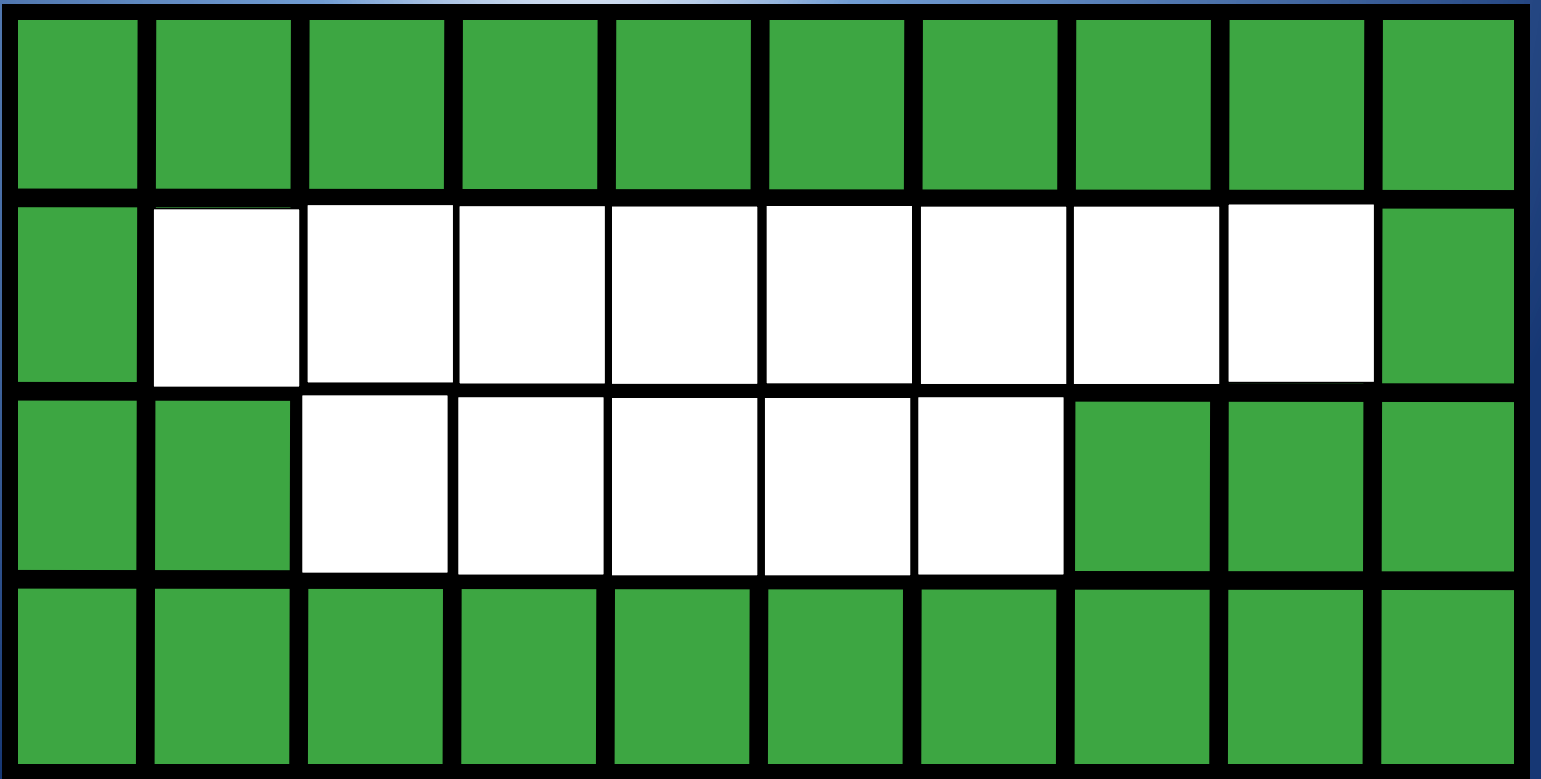
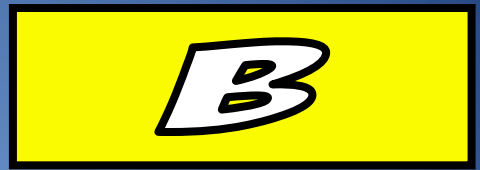
BASIC WAYS OF MOVING



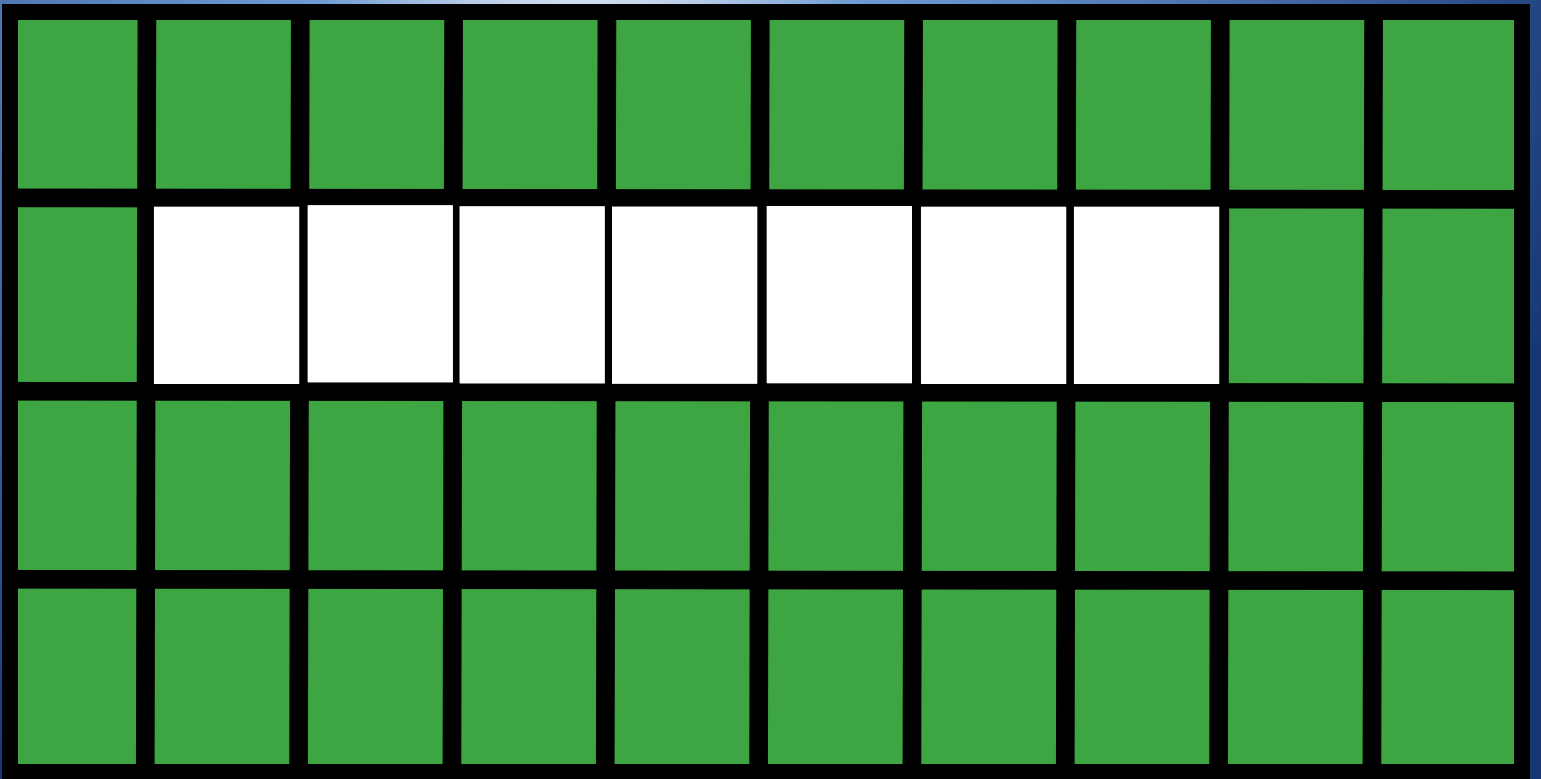
**ACTIVITY THAT ALLOWS YOUR BODY
TO RETURN TO A NORMAL STATE**



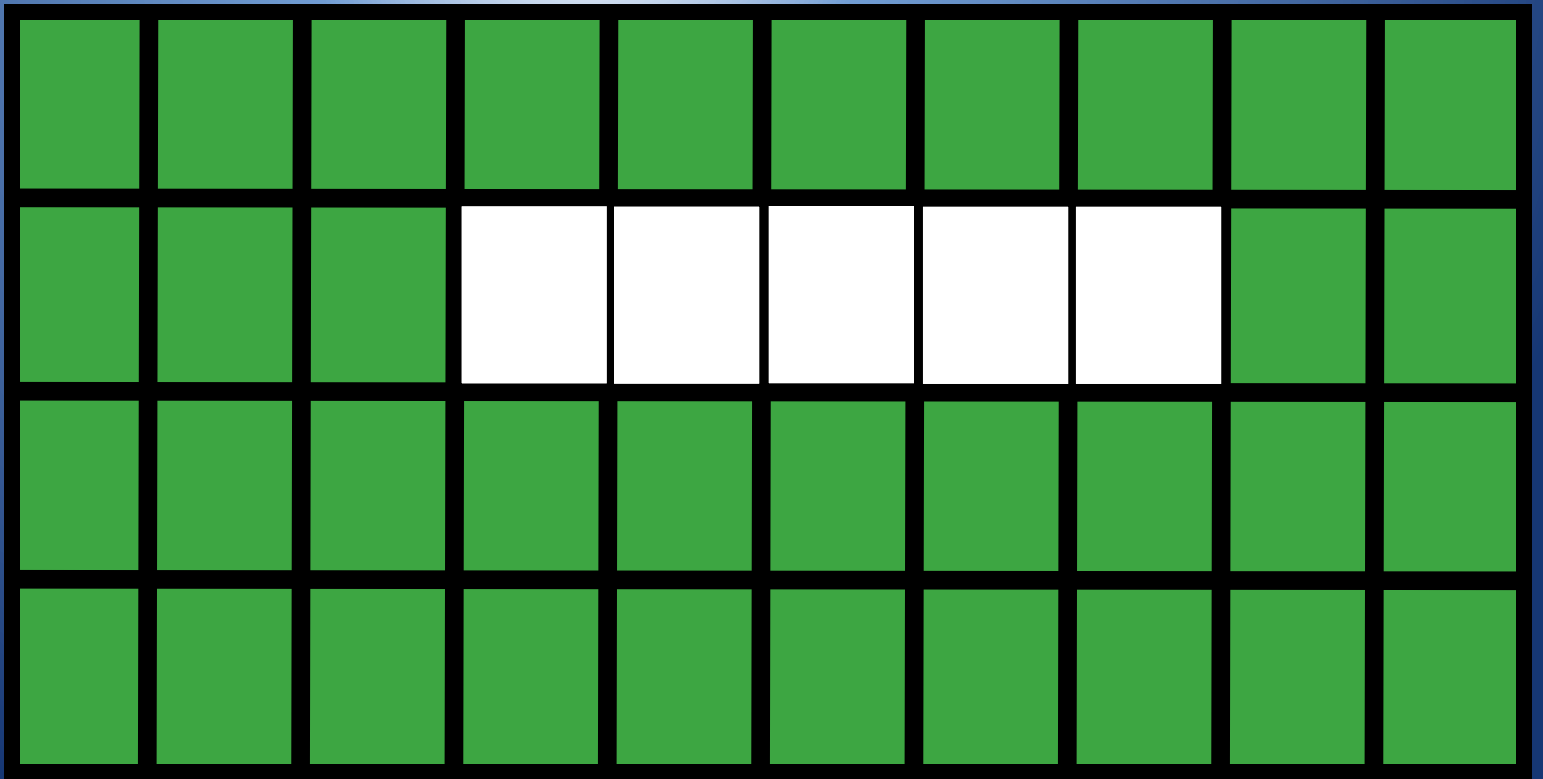
**WHAT DOES THE "I" STAND FOR
IN THE F.I.T.T. PRINCIPLES**



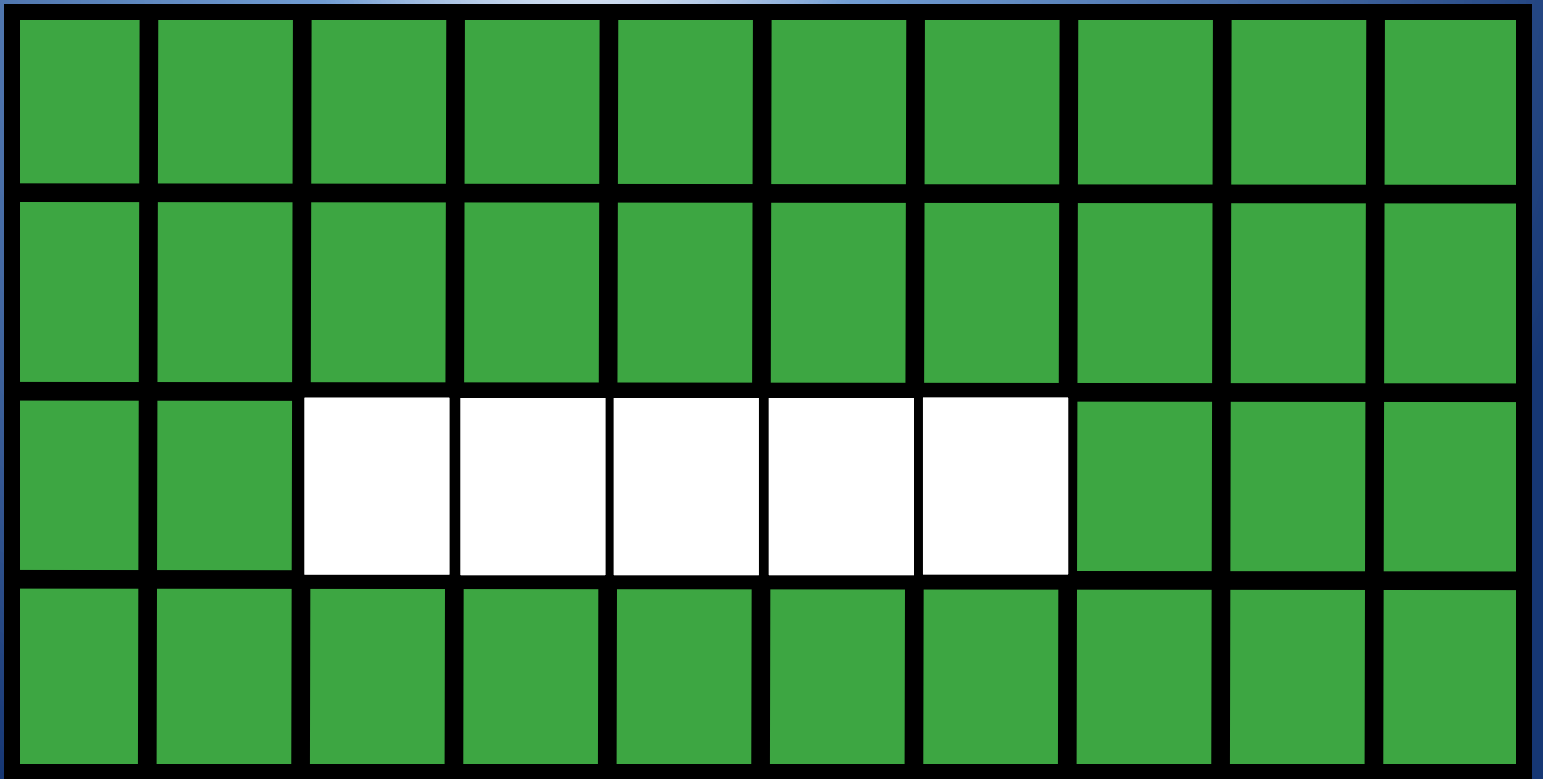
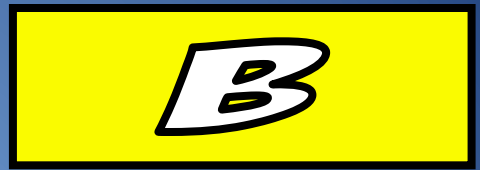
**A "BUBBLE" OR
SAFE AREA THAT IS YOURS**



***THE ABILITY TO CHANGE DIRECTIONS
QUICKLY & WITH CONTROL OF THE BODY***



**PUSH OR PULL
APPLIED TO AN OBJECT**



**THE ABILITY TO USE MAXIMUM
FORCE IN AS SHORT A TIME AS POSSIBLE**