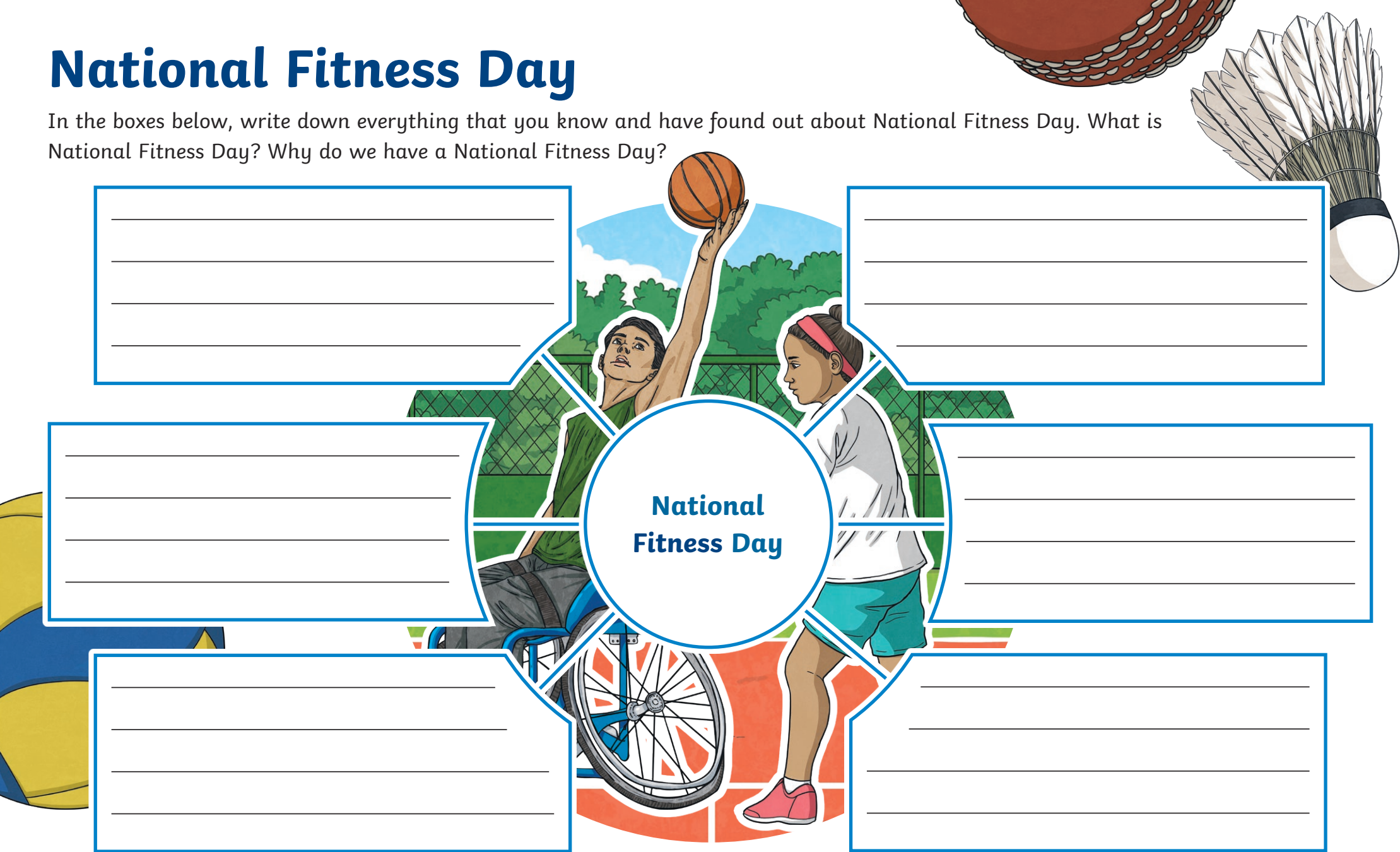


National Fitness Day

In the boxes below, write down everything that you know and have found out about National Fitness Day. What is National Fitness Day? Why do we have a National Fitness Day?



**National
Fitness Day**

Disclaimer: The nature of this resource requires independent, learner-led research. It is advisable to use only pre-selected, appropriate sources of information and websites that are appropriate to their age. Please also be aware that there may be aspects of a topic or individual's life which may be controversial or upsetting to some. Due to this, we highly recommend that you carefully consider all research activities before undertaking them with learners.