

Agita in Your Life

1.	Do you think Agita São Paulo is a good program for helping young people stay healthy? How?
2.	Do you think it is also a good idea for you and others to get 30 minutes of physical activity a day? What activities would you do?
3.	What can we do to help us and others remember to get 30 minutes of physical activity every day? [Note: This may include making a physical activity poster or pyramid, reporting on the <i>Agita São Paulo</i> program, writing a song for physical activities, etc.]

