

APRIL

Fitness

Healthy body = healthy mind.

You get one body in this lifetime, treat it well.

Keep your body in shape – it's good for your body and your learning mind!

Poems from Inch and Miles

Fitness

To run a race and do my best,
I exercise to pass the test.
I get my sleep and eat good food.
Healthy thoughts improve my mood.
When I am fit to run the race,
The other horses I can outpace.
Your Fitness level must be great.
Success requires a healthy state.

APRIL

Skill

Practice makes perfect.

Well done is better than well said.

Poems from Inch and Miles

Skill

To weave a web demands great Skill,
And sharing lunch is quite a thrill.
Practice makes my webs grow finer.
I'm a top-notch web designer.
I pay attention to each detail.
I do it right so I won't fail.
I learned my Skill through hours of drill.
To find Success, you must have Skill.