



What a  
bright  
idea!

**TRY THIS WITH YOUR CHILD:**

**Build Your Muscles**

The newspaper has great tips for building your muscles! Look through your newspaper for running events, hikes and other outdoor activities. Sign up and go! Get the whole family to join in the fun!

Standards Link: Health: Identify behaviors that promote healthy lifestyles.

There's a world of fun & learning in the newspaper every day! Visit our Bright Ideas Lesson Library for hundreds of math, science, social science and language arts activities using the newspaper.

**[nie.dailypostathenian.com](http://nie.dailypostathenian.com)**



The Daily Post-Athenian  
**NEWSPAPERS IN  
EDUCATION**

