

SUBURBAN EMS WANTS YOU TO
GET UP AND GET ACTIVE
HERE ARE SOME IDEAS TO
GET STARTED THIS SPRING!



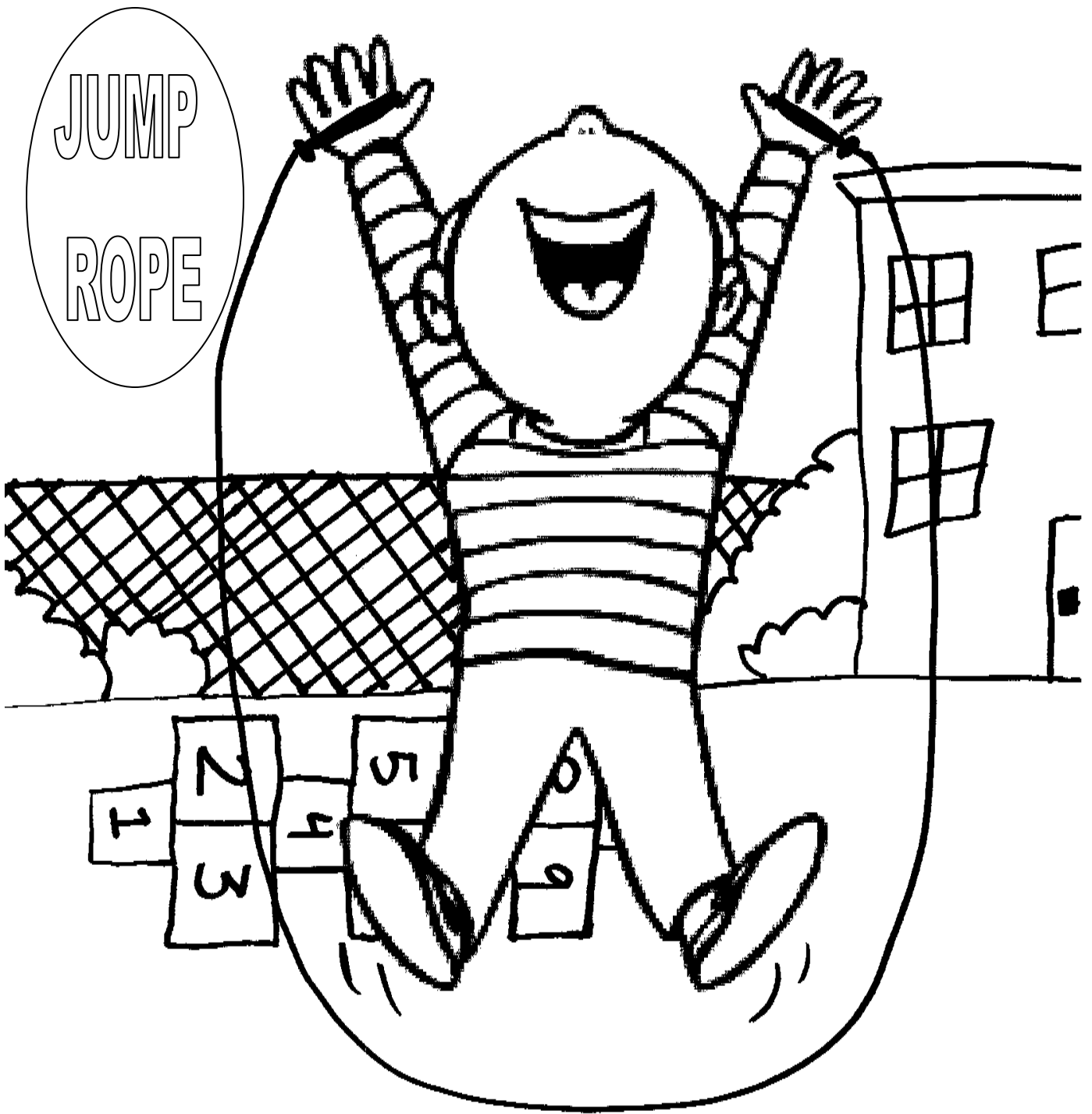


GO HIKING

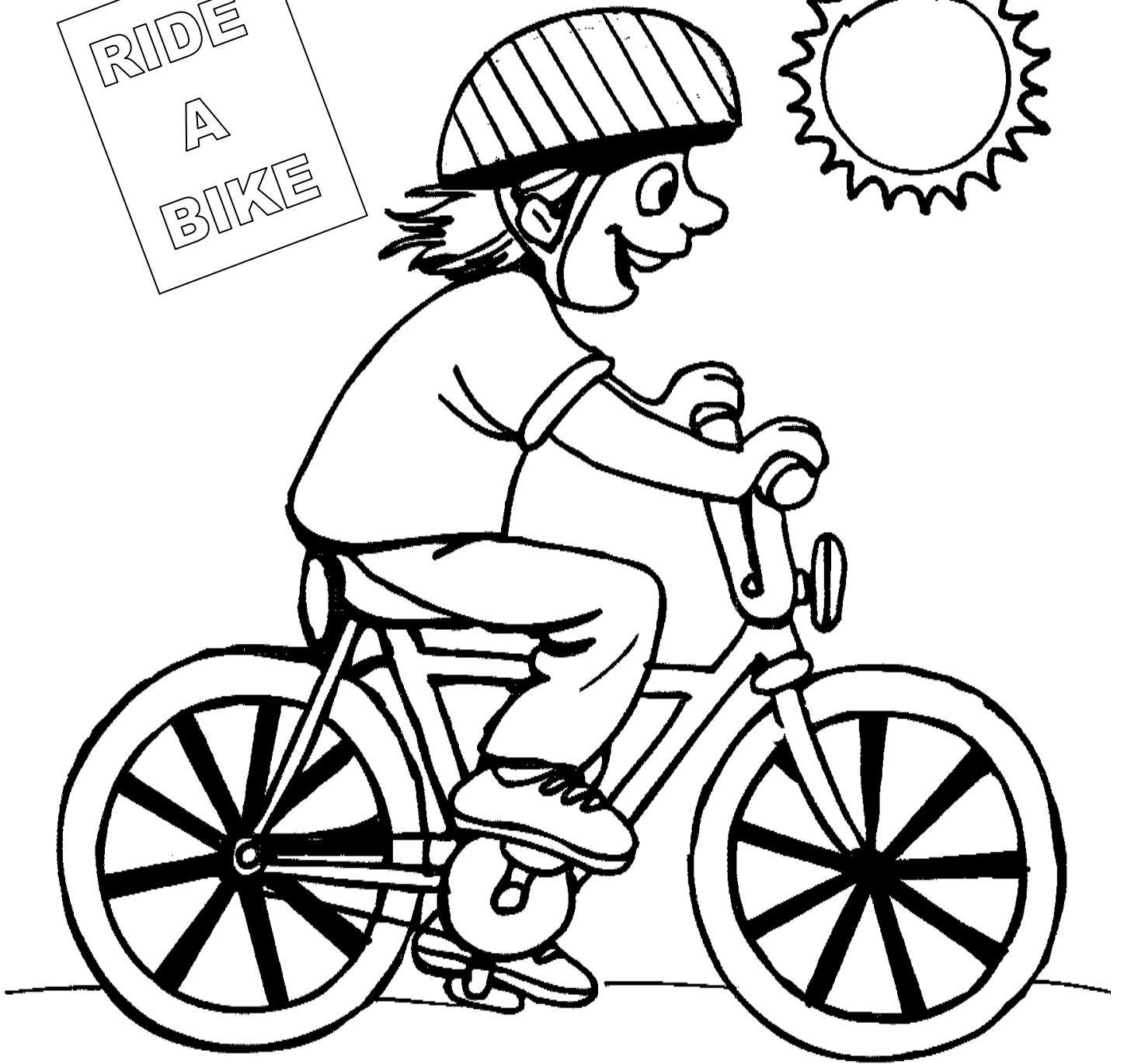
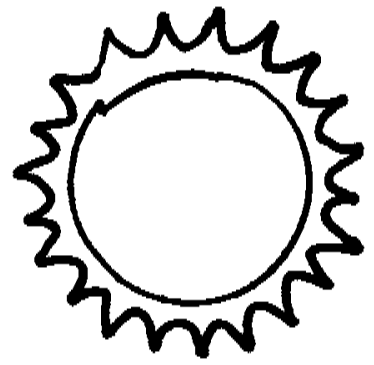
PLANT
A
GARDEN



JUMP
ROPE



RIDE
A
BIKE



DRAW A PICTURE OF YOURSELF
DOING A FUN SPRING ACTIVITY