



Manatee Mantra #140:

Running and Climbing Are Excellent Exercise...

Outdoors. We at **blue manatee** agree that it's very important for people to exercise.

This is why when we are not reading or enjoying a beverage, we head straight for the backyard, woods or park. Running/climbing indoors is dangerous and not nearly as fun as running/climbing where it's muddy. So, if the urge to run or climb proves irresistible, please escort your grownup(s) to the nearest, muddiest, wildest place, and have fun!

Thank you.