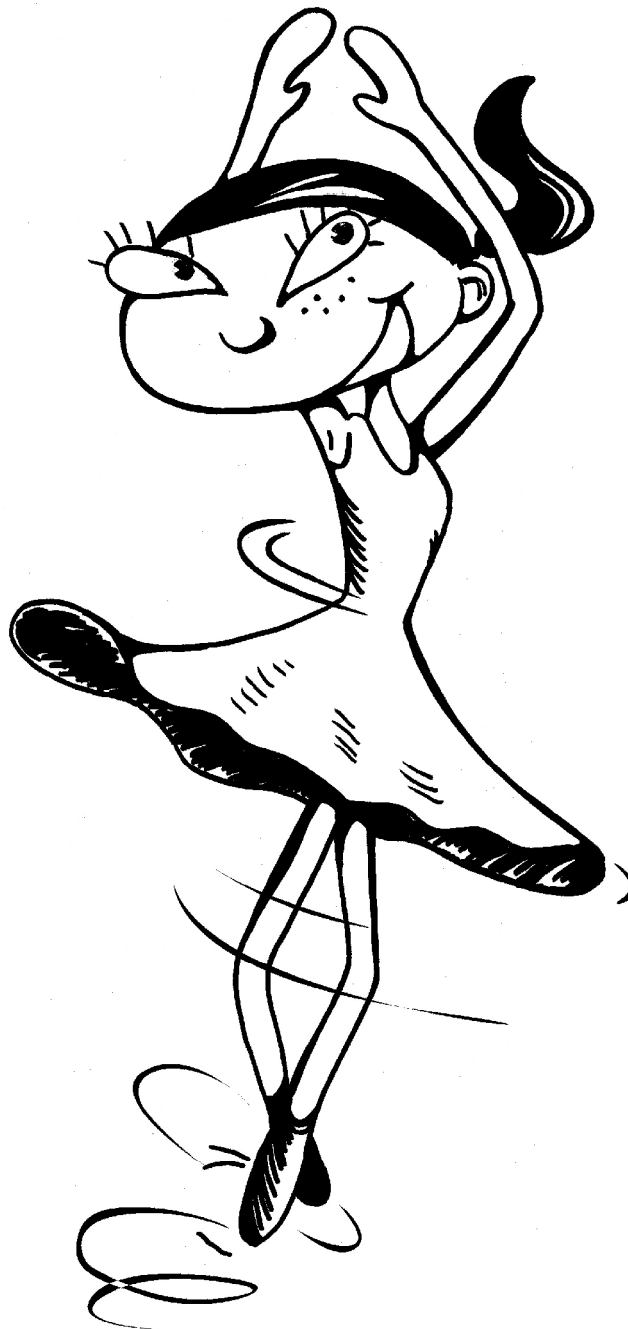


BE ACTIVE *with WA Ballet*

Young people need at least 60 minutes of moderate to vigorous physical activity every day for healthy growth and development.

Being a ballet dancer is hard work! To keep their bodies in peak condition, ballet dancers train up to 9 hours a day – even more when it is performance time. Now that's active!

Have fun colouring in Betty Ballerina.



BE ACTIVE


healthway


Heart
Foundation



WEST AUSTRALIAN
BALLET