

BE ACTIVE *with WA Ballet*

There are lots of benefits to being active, such as helping you relax, building strong bones and muscles and providing opportunities to make new friends.

Ballet dancers work hard every day so that their bodies perform at their best. Did you know that when ballet dancers and AFL football players had a fitness competition, the ballet dancers won!

Have fun colouring in Dan the Dancer.



BE ACTIVE



WEST AUSTRALIAN
BALLET