

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





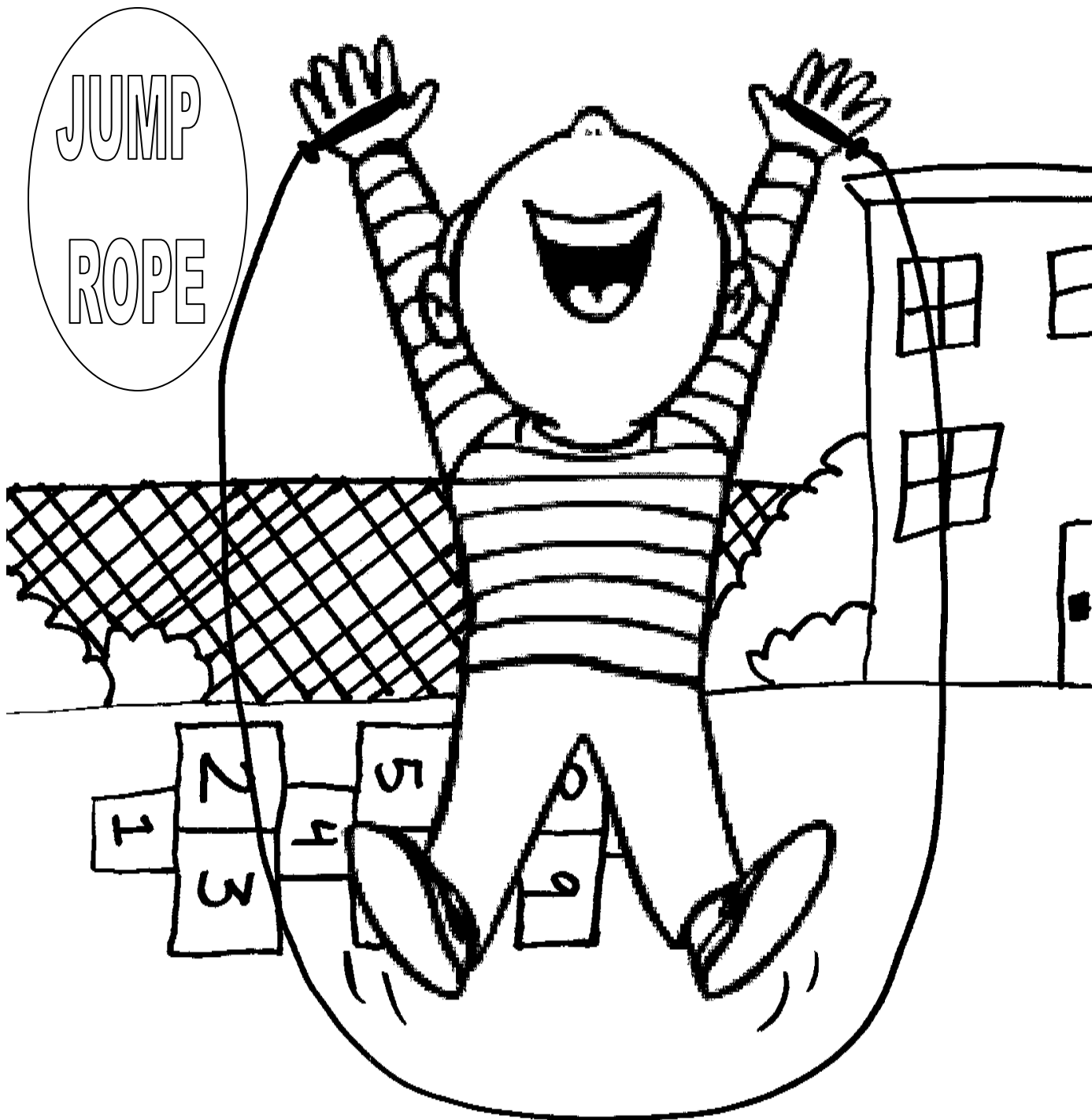
GO HIKING

PLANT  
A  
GARDEN

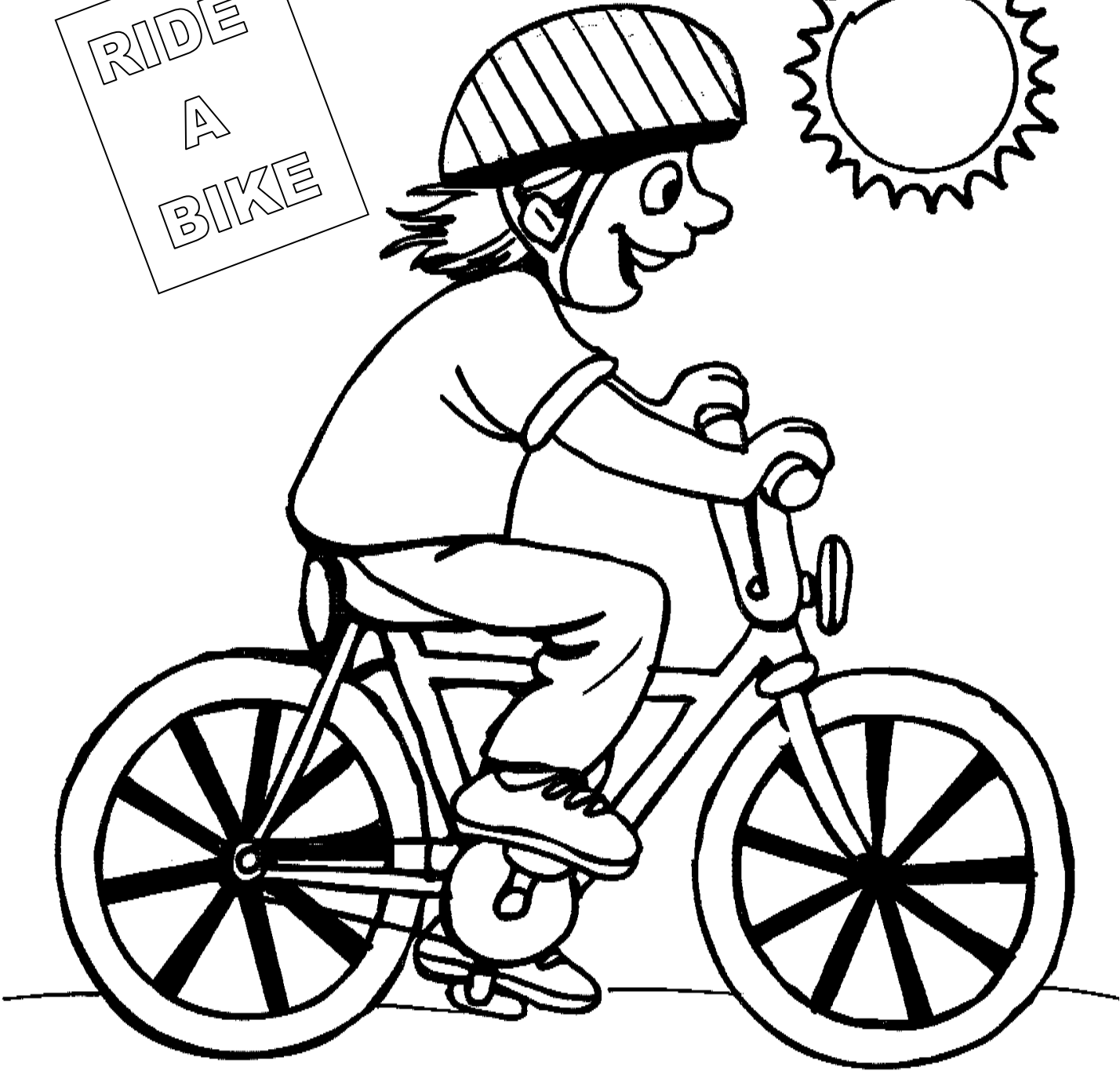
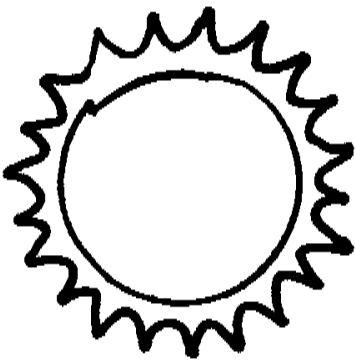


JUMP

ROPE



RIDE  
A  
BIKE



DRAW A PICTURE OF YOURSELF  
DOING A FUN SPRING ACTIVITY