1. Do you think Agita São Paulo is a good program for helping young people stay healthy? How?

2. Do you think it is also a good idea for you and others to get 30 minutes of physical activity a day? What activities would you do?

3. What can we do to help us and others remember to get 30 minutes of physical activity every day? [Note: This may include making a physical activity poster or pyramid, reporting on the Agita São Paulo program, writing a song for physical activities, etc.]