

get more ENERGY!



More energy means more FUN!



- GET UP & PLAY HARD
 - *At least 30-60 minutes a day*

- CUT BACK ON TV & VIDEO GAMES
 - *No more than 1 hour a day*
 - *Remove TV from bedroom*



- EAT 5 HELPINGS OF FRUITS & VEGETABLES A DAY
 - *1 fruit or 1/2 cup of vegetables = 1 helping*



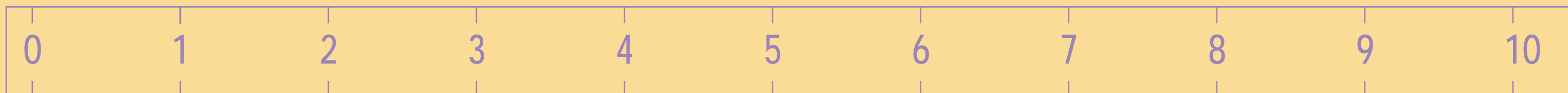
- CUT DOWN ON SODAS & JUICE DRINKS
 - *No more than 1 can or small cup a day*
 - *Drink water when thirsty*

HOW READY ARE *you* TO GET MORE ENERGY?



NOT READY

READY



What would make me more ready?

What might my next steps be?

What is my plan?

Healthy strong bodies come in all shapes & sizes!