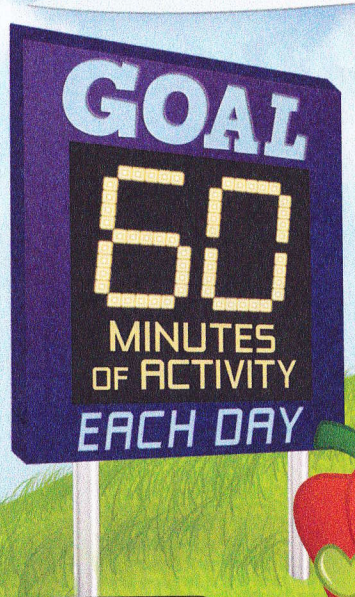
Be active your way...

...and move your body for 60 minutes every day.

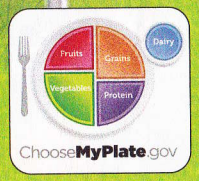


What can you do today to activate your day?

- ☐ Jump rope
- ☐ Soccer
- ☐ T-Ball
- ☐ Hockey
- ☐ Bike riding
- ☐ Nature hike
- ☐ Martial arts
- ☐ Swimming
- ☐ Frisbee
- ☐ Fly a kite
- ☐ Skateboard
- ☐ Hopscotch
- ☐ Inline skating
- ☐ Skiing
- ☐ Ice skating
- ☐ Kickball
- ☐ Tag
- ☐ Hide and seek
- ☐ Sledding
- ☐ Backyard adventures
- ☐ Kick scooter
- ☐ Dance
- ☐ Walk
- ☐ Play at the playground
- ☐ Basketball

Spend LESS time:

- Watching TV or movies
- Playing video games
- On the computer
- Sitting around



Make healthy MyPlate food choices!

When it comes to food, some choices are better than others. The food groups found on MyPlate have choices that help make your body healthy and strong.

Vegetables, fruits, grains, dairy, and protein are foods you should eat most of the time. What foods should you eat less often or once in a while?

MORE	LESS
_____	_____
_____	_____
_____	_____
_____	_____

Draw a picture or write about your favorite way to get active:

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