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HEALTHY HABITS, HEALTHY YOU!

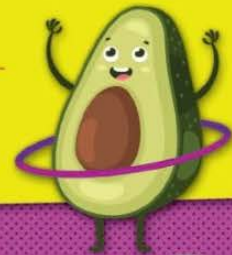


- Drink water or milk; limit sweet drinks and processed foods.
- Make half your plate fruits and vegetables at every meal.
- Eat a variety of whole grains, dairy, and protein.



EXERCISE

Be active for 1 hour each day. Do things you enjoy – skate, bike, walk ... anything that gets you moving!



WASH HANDS

Wash hands for 20 seconds with soap and water after using the bathroom, after playing, and before eating.



SLEEP

- To stay healthy, sleep for 10 – 11 hours at night.
- Make a habit to go to bed the same time each night.

