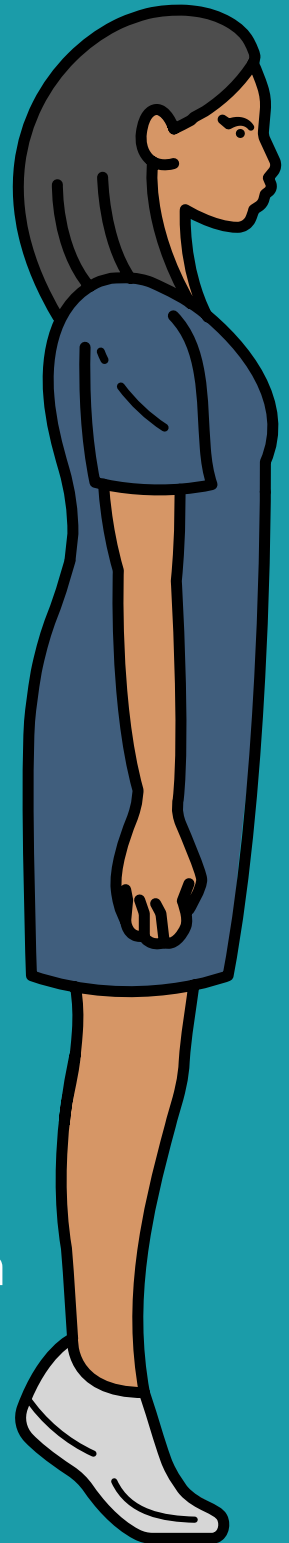


# GET A LEG (OR TWO) UP ON YOUR HEALTH.

## CALF RAISES

Do a set before class, after lunch  
and during a lesson.

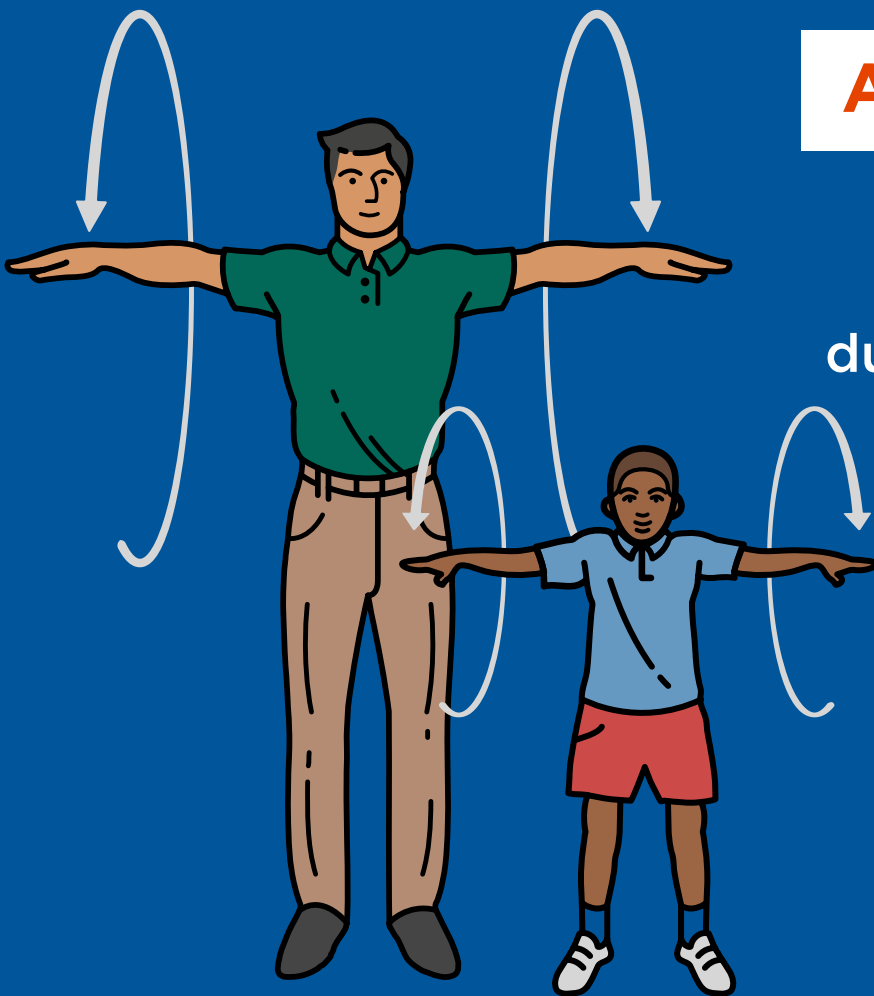


Adults need 30 minutes of movement  
every day, and kids need 60.

# MOVE AROUND (AND AROUND) AT SCHOOL.

## ARM CIRCLES

Move your arms  
*EVERY HOUR*  
during the school day.



Adults need 30 minutes of movement  
every day, and kids need 60.

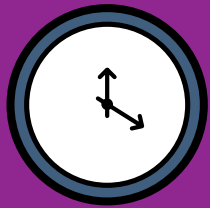


ShapeYourFutureOK.com



TSET

# LAP IT UP ON YOUR BREAK. GO FOR A WALK.



It can boost your mood  
and improve your focus.

Move for 30 minutes every day.



[ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)



TSET

# WANT TO LIVE HEALTHIER?

## STEP RIGHT UP.



**STAIRS**  
**OVER ELEVATORS**

Add steps to your day by taking the stairs as often as you can and parking your car farther away.

Adults need 30 minutes of movement every day, and kids need 60.



[ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)



TSET



# DIP INTO SOME PHYSICAL ACTIVITY.

## CHAIR DIPS

Start and end your day with a set or two.

Adults need 30 minutes of movement every day, and kids need 60.



[ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)



TSET

Turkey, Sprouts &  
Tomato Salad  
(reduced fat  
ranch dressing)



# PACK a LUNCH that PACKS a PUNCH.



Healthy  
Lunch Packs

Low-cost, easy-to-make and  
super-healthy lunch recipes. Available now at

 [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)

 TSET

# HEALTHY SCHOOL SNACKS



Hungry in class? Next time a snack attack attacks, cut back on nutrition-lacking snacks like cookies and chips. Make room in the classroom for some healthy options, like these...

Fresh fruits like apples, bananas, strawberries and pears.

Crispy veggies like carrot and celery sticks (and hummus too).

Low fat yogurt. Add some berries or almonds for additional flavor.

A small wedge of low fat cheese and a red bell pepper.

Trail mix with nuts.

Hard-boiled egg and some whole-wheat crackers.

Find tons of low-cost, easy-to-make snack recipes at

 [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)

NO TOBACCO?  
NO PROBLEM.

Oklahoma Tobacco Helpline

**1 800**

**QUIT NOW**

1-800-784-8669

[OKhelpline.com](http://OKhelpline.com)

**BE TOBACCO FREE.**

Want to live healthier? Being tobacco free makes the grade.



[ShapeYourFutureOK.com](http://ShapeYourFutureOK.com)



TSET



RETHINK *your* DRINK

# KEEP HYDRATING.

H-2-Go get some ice-cold water.



Tons of mouthwatering infused water recipes.  
Available now at

 [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)

 TSET