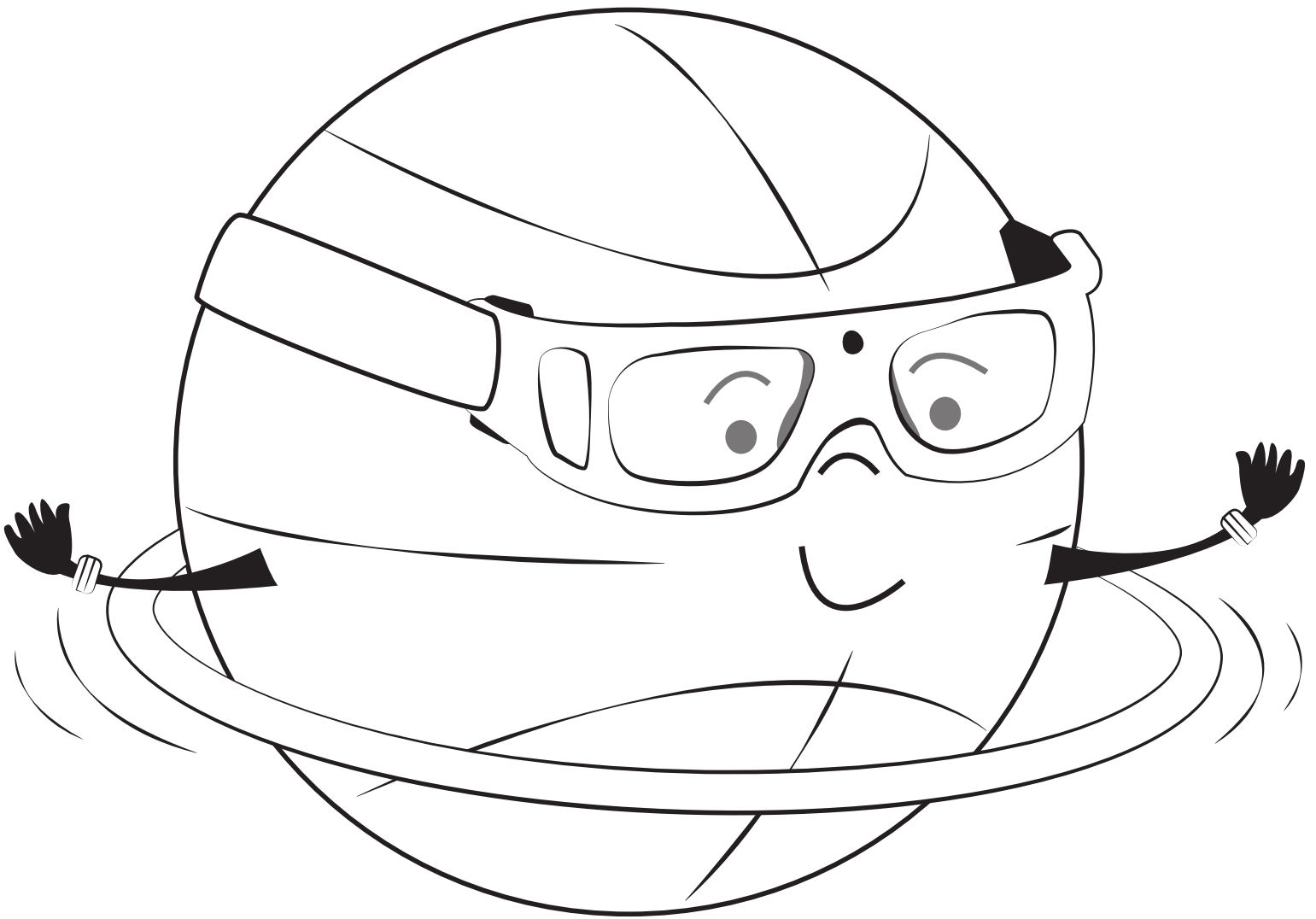


# Hoop it up!

Kids need 60 minutes of  
physical activity every day.

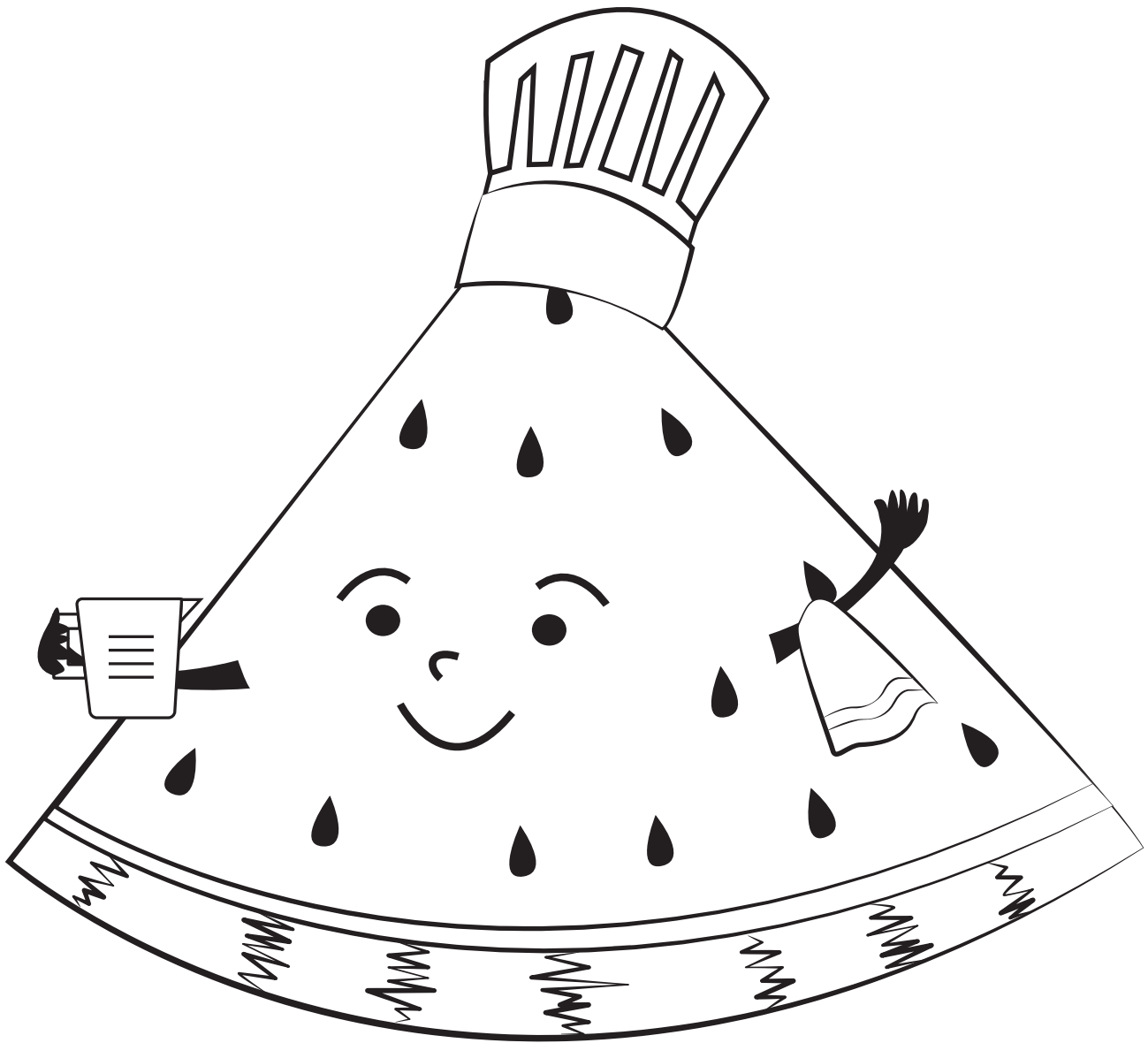


 **ShapeYourFutureOK.com**

Eat better. Move more. Be tobacco free.

Fill half your plate with  
fruits and veggies.

You'll feel like  
a melon bucks.



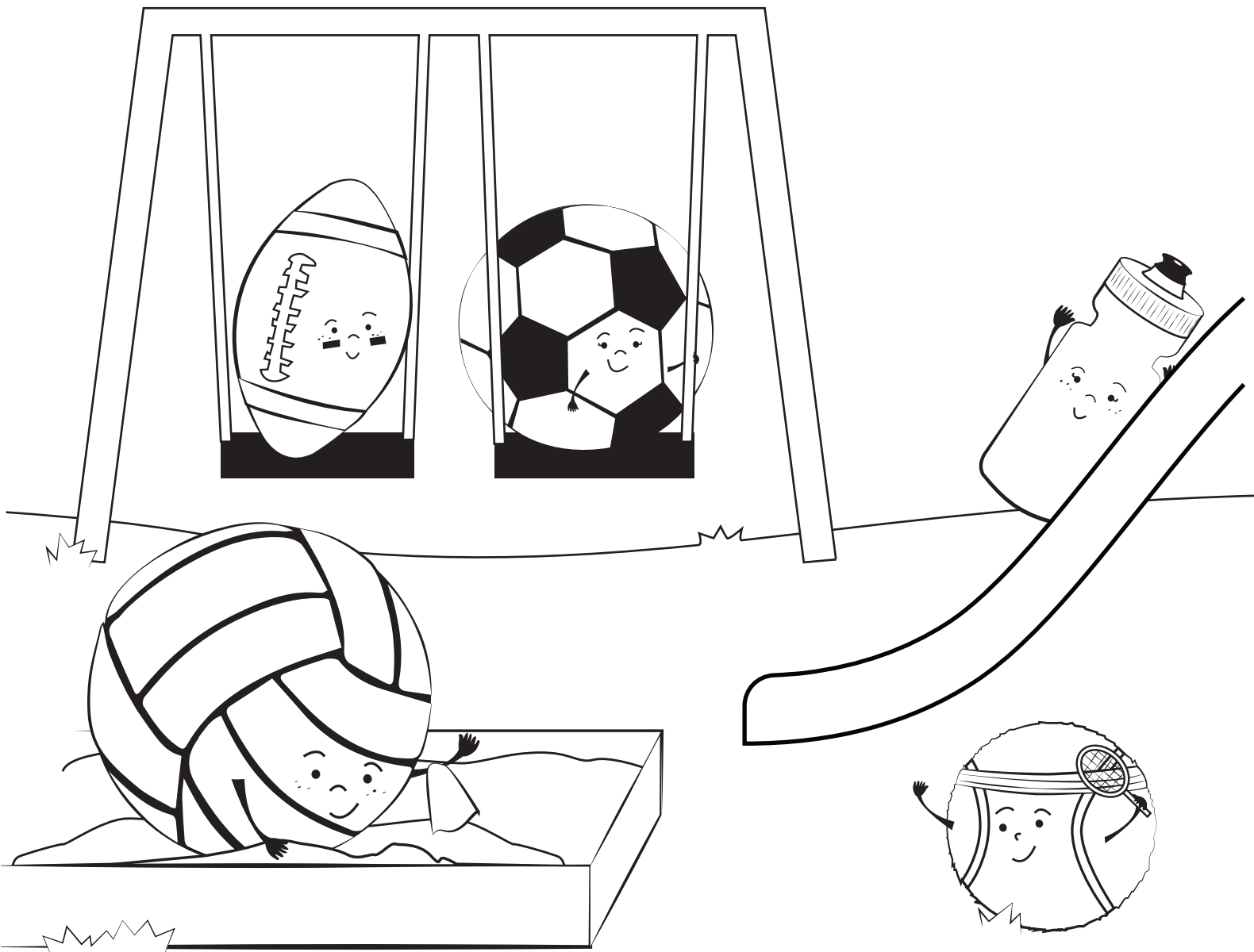
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# No work.

# All play.

Kids need 60 minutes of  
physical activity every day.



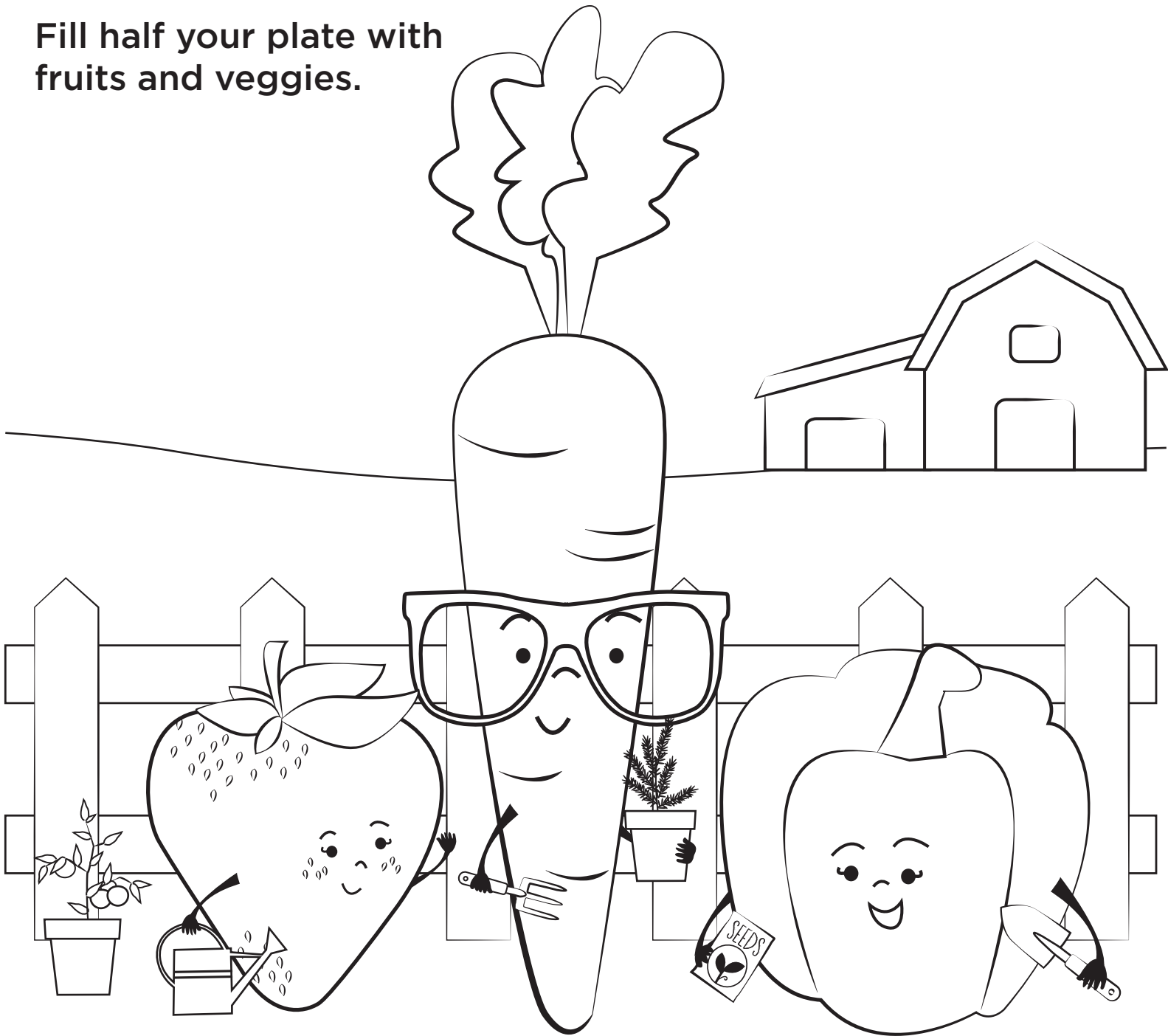
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Age 10 & Under

# Join the garden party!

Fill half your plate with  
fruits and veggies.



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Eat better. Move more. Be tobacco free.

Age 10 & Under