

Ode to a  
**HEALTHY FAMILY**

Dear \_\_\_\_\_,

Please help me be healthy. Help me grow strong.  
Please help me make healthy choices... all day long.

Help me fill half my plate with veggies and fruit,  
Like \_\_\_\_\_ and apples, and oranges to boot!

And cook up some veggies, oh won't you please?  
I like \_\_\_\_\_ and \_\_\_\_\_ and carrots and peas.

Help me get active and move more and play  
for 60 whole minutes, every day.

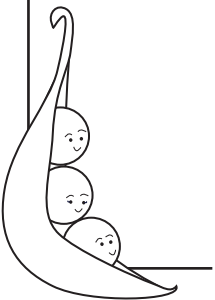
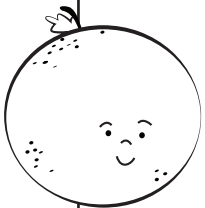
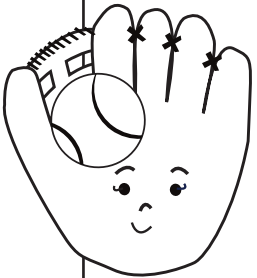
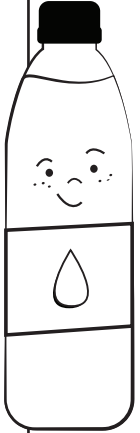
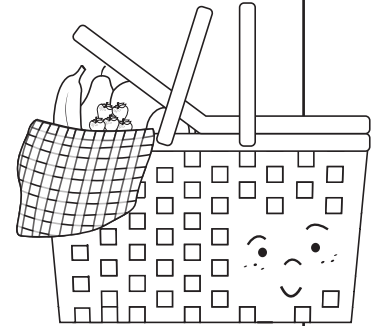
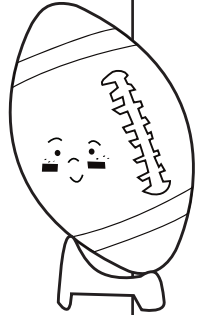
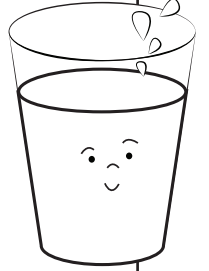
We can play \_\_\_\_\_, or hop on our bikes.  
Or lace up our boots to go on a hike!

Help me breathe easy by staying smokefree.  
A tobacco-free life is the life for me.

Tobacco is harmful, that is no joke.  
So let's hang out where there's no secondhand smoke.

I want to be healthy — so will you help me  
eat better, move more and be tobacco free?

Love,



**ShapeYourFutureOK.com**

