

Anybody Can Have a Healthy Body

Your body is important - it's the only one you've got!

RUN. JUMP. HOP. Kick.
FLIP. THROW. CATCH. SWING.



Do what you want to do.
JUST Do it For at least
1 HOUR Every Day.

GLUED To The TV?
Enchanted By The Tablet?



LOOK ALIVE!
Swap SCREENTIME For PLAYTIME!

Your LUNGS Help
Your Muscles Move...
as LONG as They're
SMOKEFREE.
Always say **NO** to Tobacco!



Fill Half your Plate with
Fruits & Veggies!



Your Stomach TURNS
Food INTO **ENERGY**,
But Some Food Kicks
you INTO OVERDRIVE.

But all Teeth Agree:
TOO MUCH SUGAR
CAN HURT Your Smile.



Kids Have 20 Teeth
Adults Have 32.

Your Body is
60% WATER



I'm Thirsty!

DON'T Let it DRY out!
DRINK Plenty of
Water every Day!