

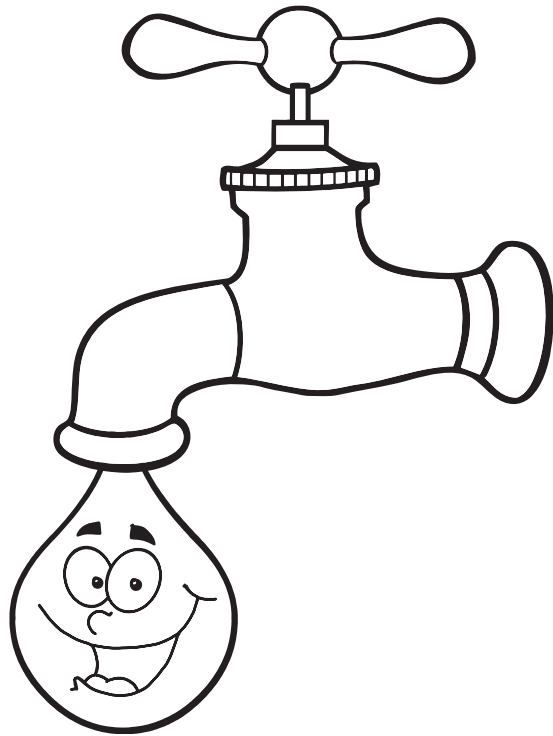
# 5 Ways to Grow Healthy

## COLORING BOOK

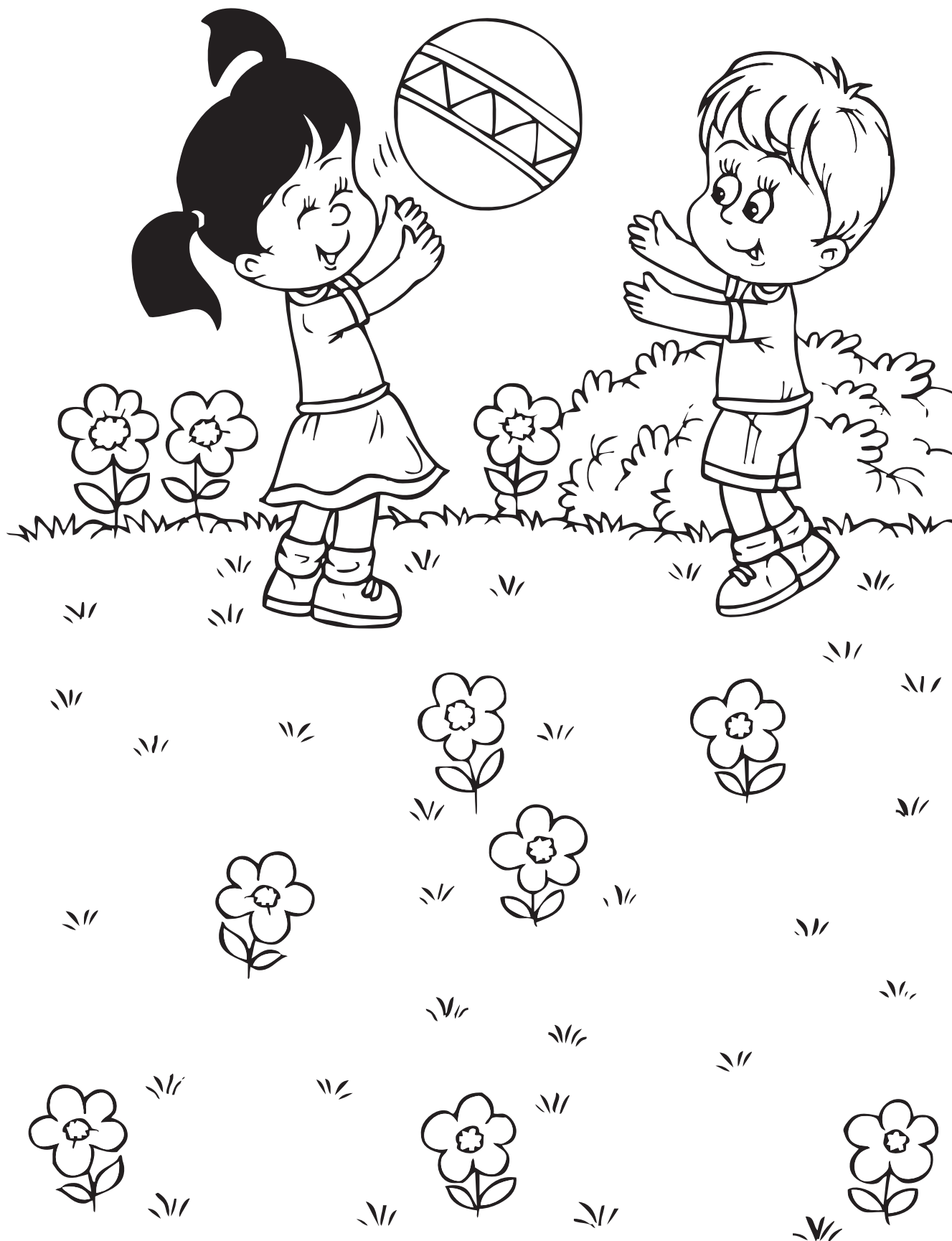




**1** Switch from sugary drinks (like soda, sports, and fruit drinks) to water.



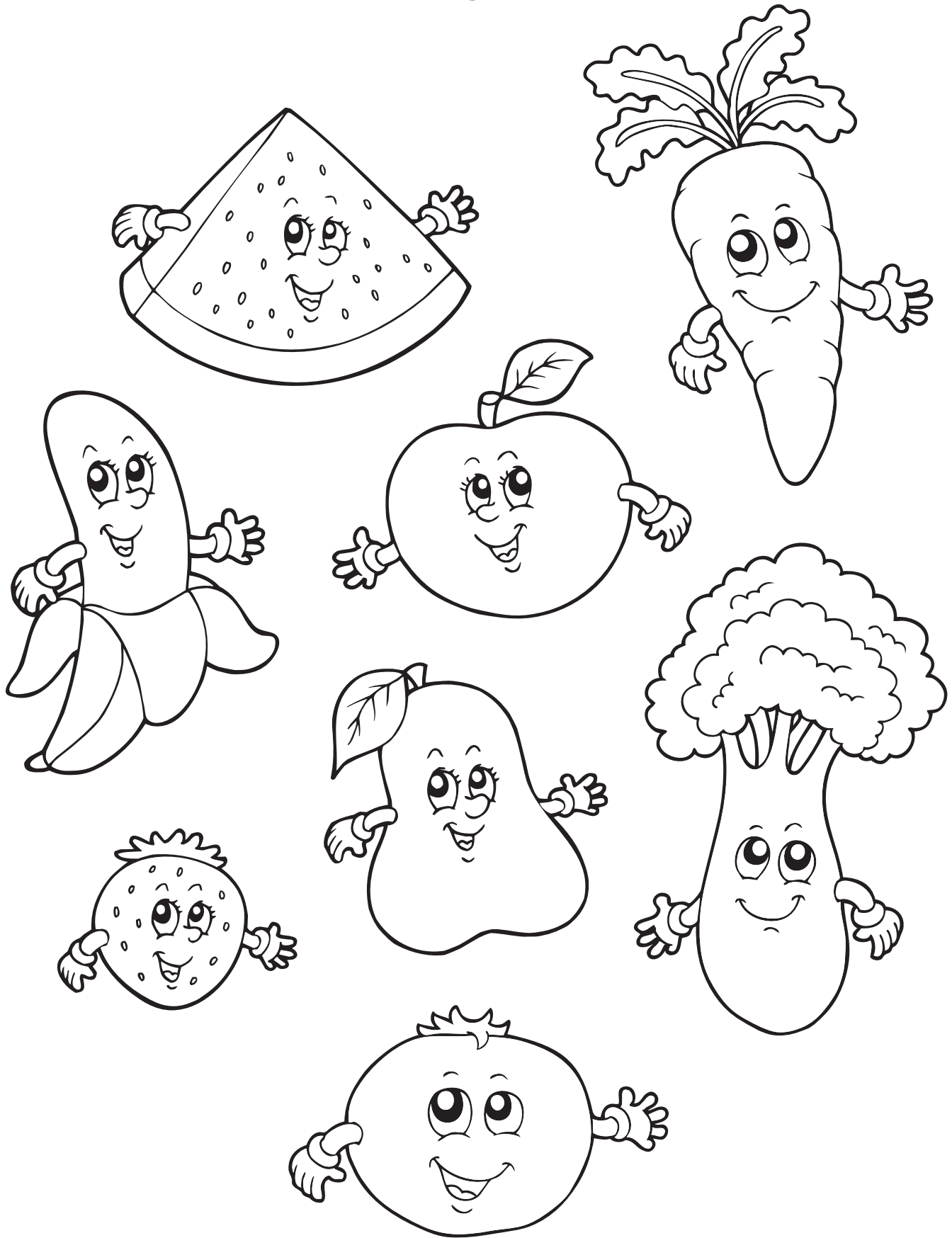
**2** Watch no more than 2 hours of screen time per day (includes TV, smartphones, and hand-held video games).



**3** Get at least 1 hour of physical activity  
(including active play) per day.



# 4 Replace sugary, salty, fried, and fast food with fruits and vegetables.



**5** Sleep at least 11 hours per day (2-5 years old).  
Sleep at least 10 hours per day (6-12 years old).



**Draw your favorite foods that help you grow healthy:**



**Draw your favorite activities that help you grow healthy:**

**Draw your favorite ways to grow healthy:**



