

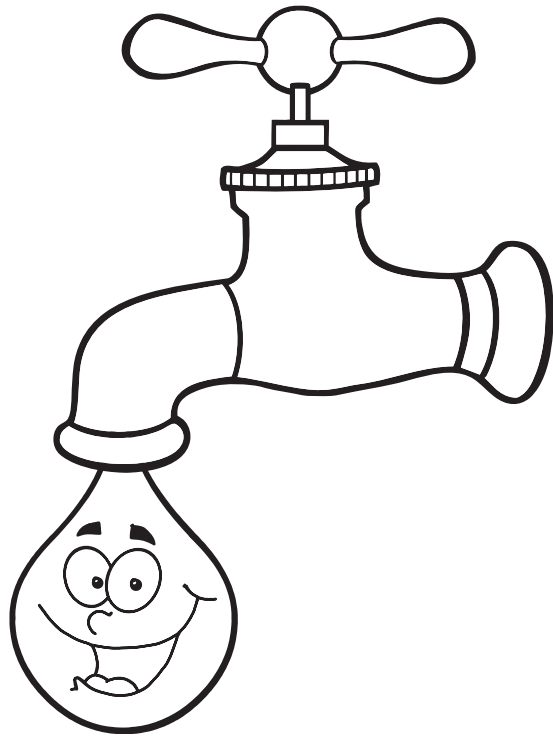
5 Ways to Grow Healthy

COLORING BOOK

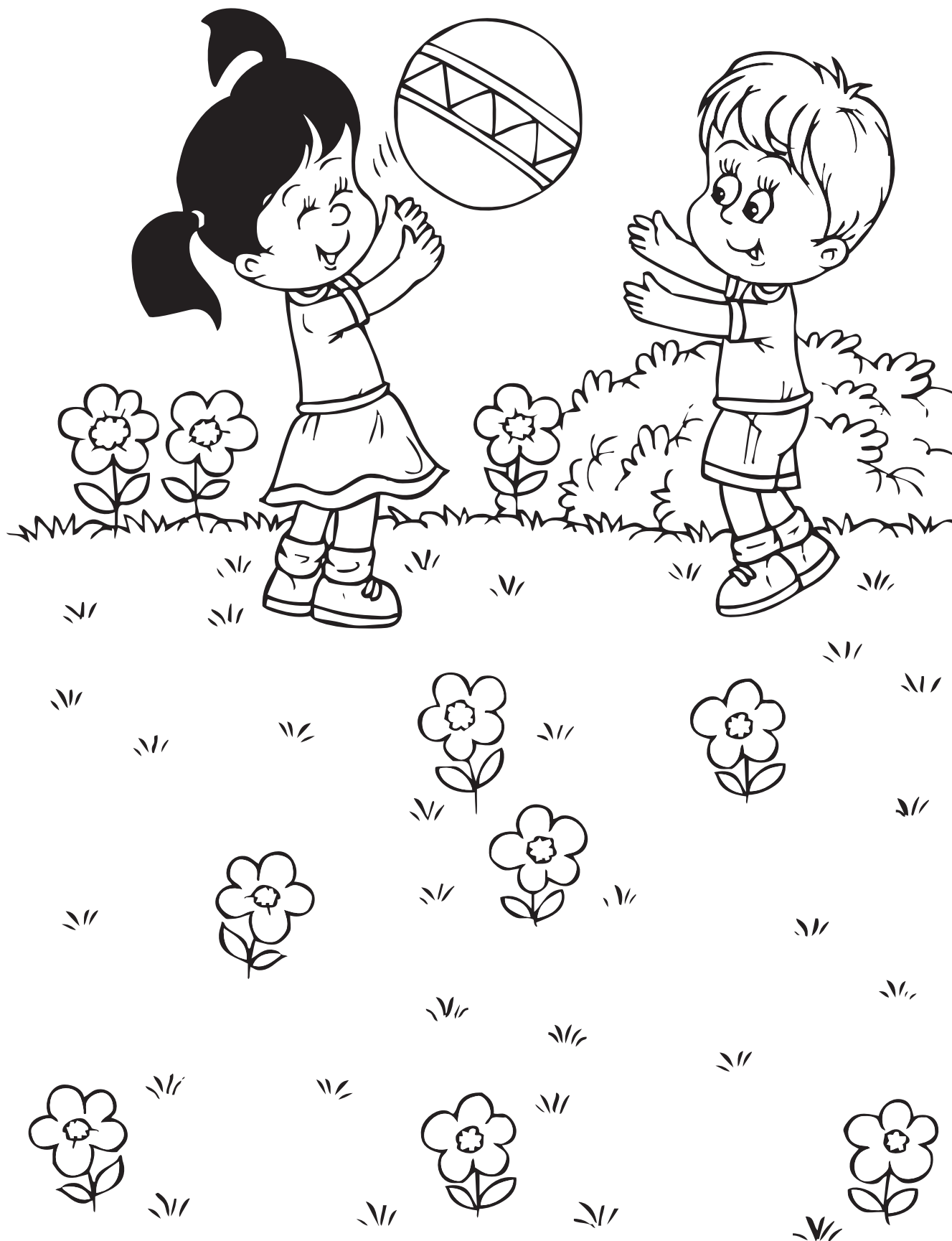




1 Switch from sugary drinks (like soda, sports, and fruit drinks) to water.



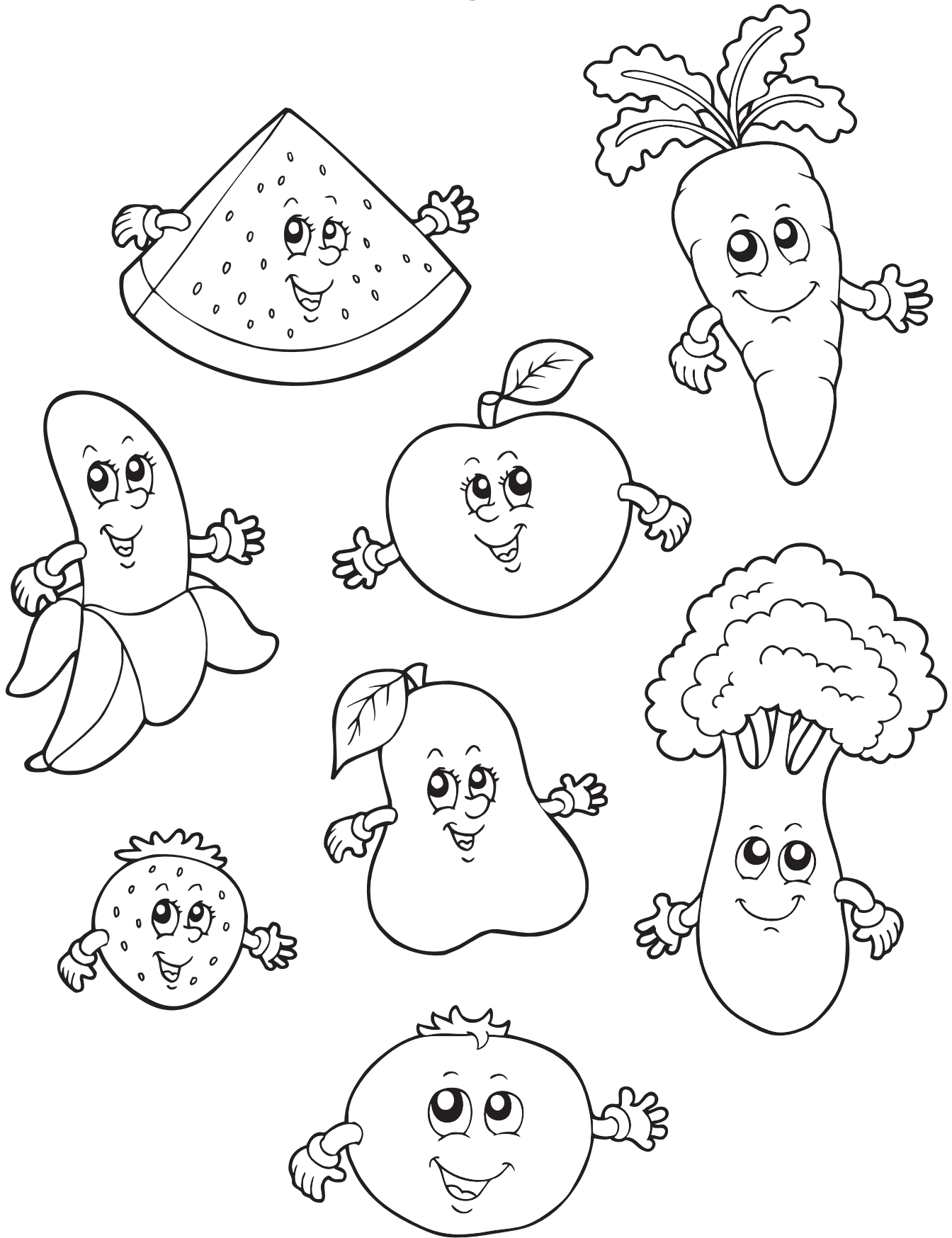
2 Watch no more than 2 hours of screen time per day (includes TV, smartphones, and hand-held video games).



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:

