



Healthy Kids Countdown!

eat



fruits and vegetables

the more colorful, the better! red tomatoes, purple grapes, yellow bananas... yum!

spend
less
than



hours watching TV

yes, it's fun to watch TV, play video games, and use the computer. but make time for healthier activities, too!

get



hour of physical activity

head outside for a bike ride, play catch with friends, or go swimming - so many fun ways to get your heart pumping!

think



before you drink

try to drink 0 sugar-sweetened beverages! Choose water over soda to quench your thirst, and pick juice that has no added sugar.

*It all adds up to
good health!*

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