

## WATER WORKS!

Just like a plant, you need plenty of water to keep going.

It doesn't have to be bottled water – water from the tap is fine!

## Think Healthy!

Think Healthy is a program bringing children and their families simple, kid-friendly information on the connection between eating well and feeling good.



**Children's Health Fund**

[www.childrenshealthfund.org](http://www.childrenshealthfund.org)

The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

Made possible by a grant from

**MetLife Foundation**

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# Think Healthy!



# Ready, Set, Go!

Help your body get ready to move!



## Re-charge your body

- ★ Get a good night sleep
- ★ Eat healthy foods and drink enough water



## Stay safe

- ★ Wear your helmet, knee and elbow pads
- ★ Pay attention to what's around you
- ★ Always have an adult nearby

## Stretch

- ★ Stretch before and after you exercise to get your body ready



# FEEL FIT!

**Get plenty of exercise**



**Be fit and ready to get moving**

**Feel good and full of energy**

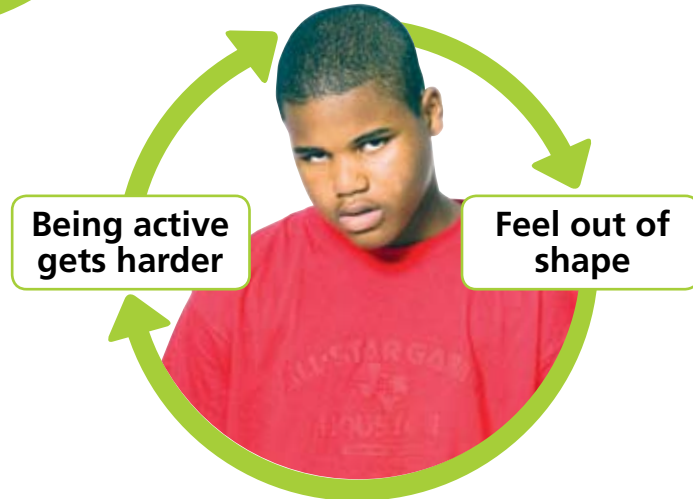
**Don't feel like exercising**



**Sluggish - no energy**

**Feel sad or depressed**

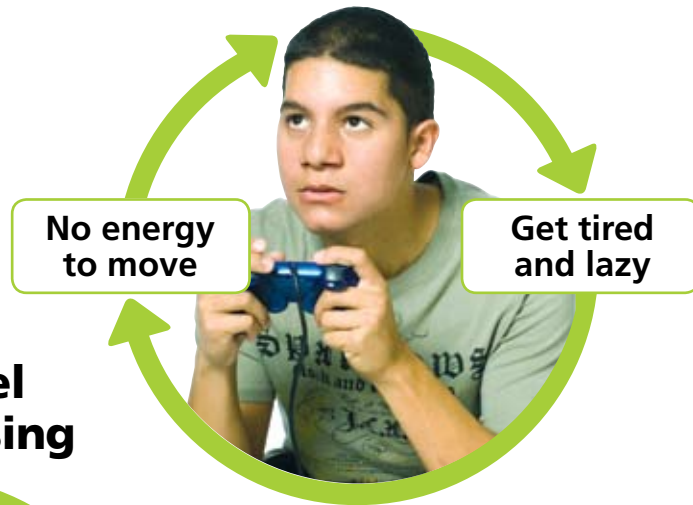
**Don't get enough exercise**



**Being active gets harder**

**Feel out of shape**

**Too much TV and video games**



**No energy to move**

**Get tired and lazy**

# THINK 60

You need at least 60 minutes of exercise every day. It's easy to do! Fun activities you do every day add up fast.



Sports practice	30 min
Run at recess	15 min
Ride a bike	+15 min
<b>Total</b>	<b>60 min</b>



Dance to music	30 min
Walk to school	15 min
Hula hoop	+15 min
<b>Total</b>	<b>60 min</b>



Jump rope with friend	15 min
Play active video game	15 min
Run at recess	15 min
Walk the dog	+15 min
<b>Total</b>	<b>60 min</b>