GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

5 Eat at least **5** fruits and vegetables a day.

2 Keep screen time (like TV, video games, computer) down to **2** hours or less per day.

1 Get **1** hour or more of physical activity every day.

0 Drink **0** sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.