



- 1 Hour of Physical Activity
- 2 Hours or less of Screen Time
- 3 Servings of Low-Fat Dairy
- 4 Classes of Water
- 5 Servings of Fresh Vegetables or Fruits

AN EASY WAY TO STAY HEALTHY... EVERY DAY!
a Day

5
4
3
2
1

Our Approach Regarding Nutrition and Activity



(This brochure can be personalized with your name, contact information and/or logo.)