Chuck says

GET HEALTHY!
5 – Eat at least 5 servings of fruits and vegetables daily.
Tips for making this happen:

- Try one new vegetable or fruit each week
- Add fruit to your cereal every day
- Choose a fruit for a snack
- Change from fruit juice to whole fruit
- Switch sweets to fruit

Do you know what we are?

___Apple___Strawberry___Orange___Banana___Carrot

Put the correct number beside us and then color us in.
2 – Reduce screen time to 2 hours or less every day. Tips to help you do this:

- Plan your TV time
- Take the TV out of your bedroom
- Don’t eat in front of the TV
1- Participate in at least 1 hour or more of physical activity every day
How can you make this happen?
- Take a walk or enjoy a family walk after dinner
- Play your favorite sport or physical activity
- Wear a pedometer and walk 10,000 steps a day
- Obtain sporting equipment to try something new
0 – LIMIT SODA, SUGAR-SWEETENED DRINKS AND WHOLE MILK

- DRINK NO SODA
- LIMIT FRUIT AND SPORTS DRINKS
- SWITCH TO LOW-FAT OR SKIM MILK
- DRINK MORE WATER

SAFE!

JACK Makes it SAFE TO second base thanks to a healthy diet.
Other things you can try:

- Learn about controlling portion sizes
- Eat two family meals together each week
- Eat breakfast
- Eat no fast/junk food
- Limit snacks after dinner
WHAT MAKES
A HEALTHY PIRATE

ACTIVITY
BASEBALL
BIKING
CHEESE
FRUITS
JUICE

JUMPING
MILK
OUTSIDE
RUNNING
VEGGIES
WATER