

BE FIT. LOOK GOOD. FEEL STRONG.

EAT MORE THAN  
5 SERVINGS OF  
FRUITS AND  
VEGGIES  
EVERY DAY



5



4



3



2



1



BE FIT. LOOK GOOD. FEEL STRONG.

GO!

DRINK 4 GLASSES  
OF WATER  
EVERY DAY

5



4



3



2



1



GO!

BE FIT. LOOK GOOD. FEEL STRONG.



HAVE 3 SERVINGS  
OF LOW FAT  
DAIRY FOODS  
EVERY DAY



5



4



3



2



1



BE FIT. LOOK GOOD. FEEL STRONG.

SPEND LESS THAN  
2 HOURS AT A T.V.  
OR COMPUTER  
EVERY DAY

GO!



5



4



3



2



1



GO!

BE FIT. LOOK GOOD. FEEL STRONG.

TAKE 1 FULL HOUR  
TO GET A RUNNIN' AND  
A JUMPIN'  
EVERY DAY



BE FIT.  
LOOK GOOD.  
FEEL STRONG.

# GO!



5



4



3



2



1

