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2



3



4



5



GO!



BE FIT.  
LOOK GOOD.  
FEEL STRONG.

- 5  EAT MORE THAN 5 SERVINGS OF FRUITS AND VEGGIES EVERY DAY
- 4  DRINK 4 GLASSES OF WATER EVERY DAY
- 3  GET 3 LOW FAT DAIRY FOODS EVERY DAY
- 2  SPEND LESS THAN 2 HOURS AT A T.V. OR COMPUTER EVERY DAY
- 1  TAKE 1 FULL HOUR TO GET A RUNNIN' AND A JUMPIN' EVERY DAY