

Get on a Healthy Track with the Good Health Club

Just add these simple tips into your routine!

5

Stretch

This tall, cool gal is here to say, "Eat five fruits and veggies every day!"

- Give kids 5 servings of fruits and vegetables every day.
- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.



Hoot

Hoot's wise advice is to get out and play, "Turn off the TV and computer—get moving today!"

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.

2



Spark

Spark has just one rhyme she likes to say, "Take an hour each day to go out and play!"

- Get at least 1 hour of physical activity each day.
- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.



1

Flip

This thirsty frog says what he thinks, "Stick with water and skip the sweet drinks!"

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



0

All you have to do is follow their examples!
Get in on the action and talk to your doctor to learn how you can be healthy every day.