

## Do you brush your teeth with a toothbrush or a \_\_\_\_\_?



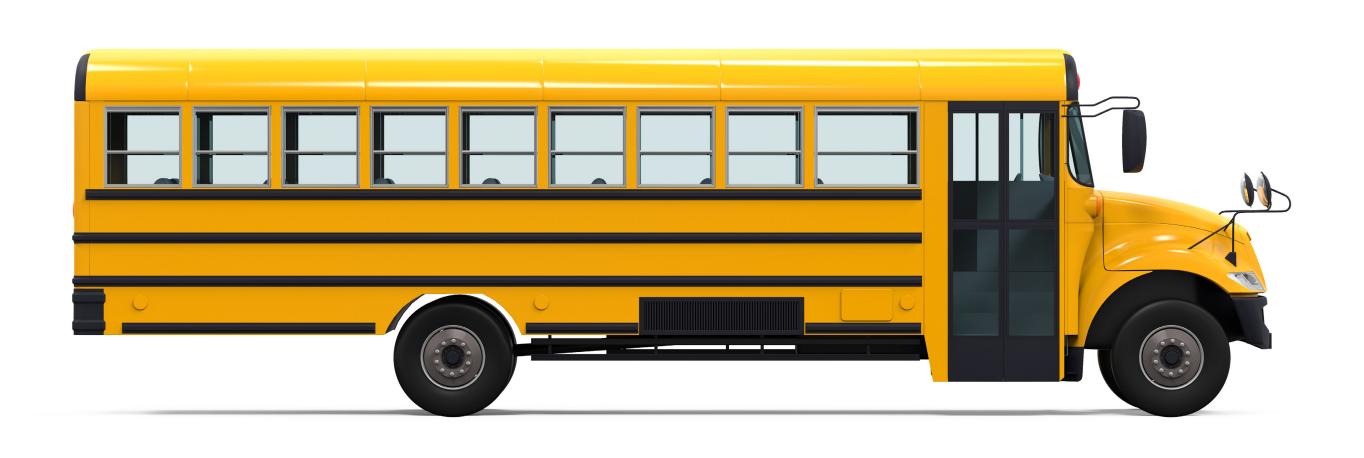


# Do you wear shoes or on your feet?

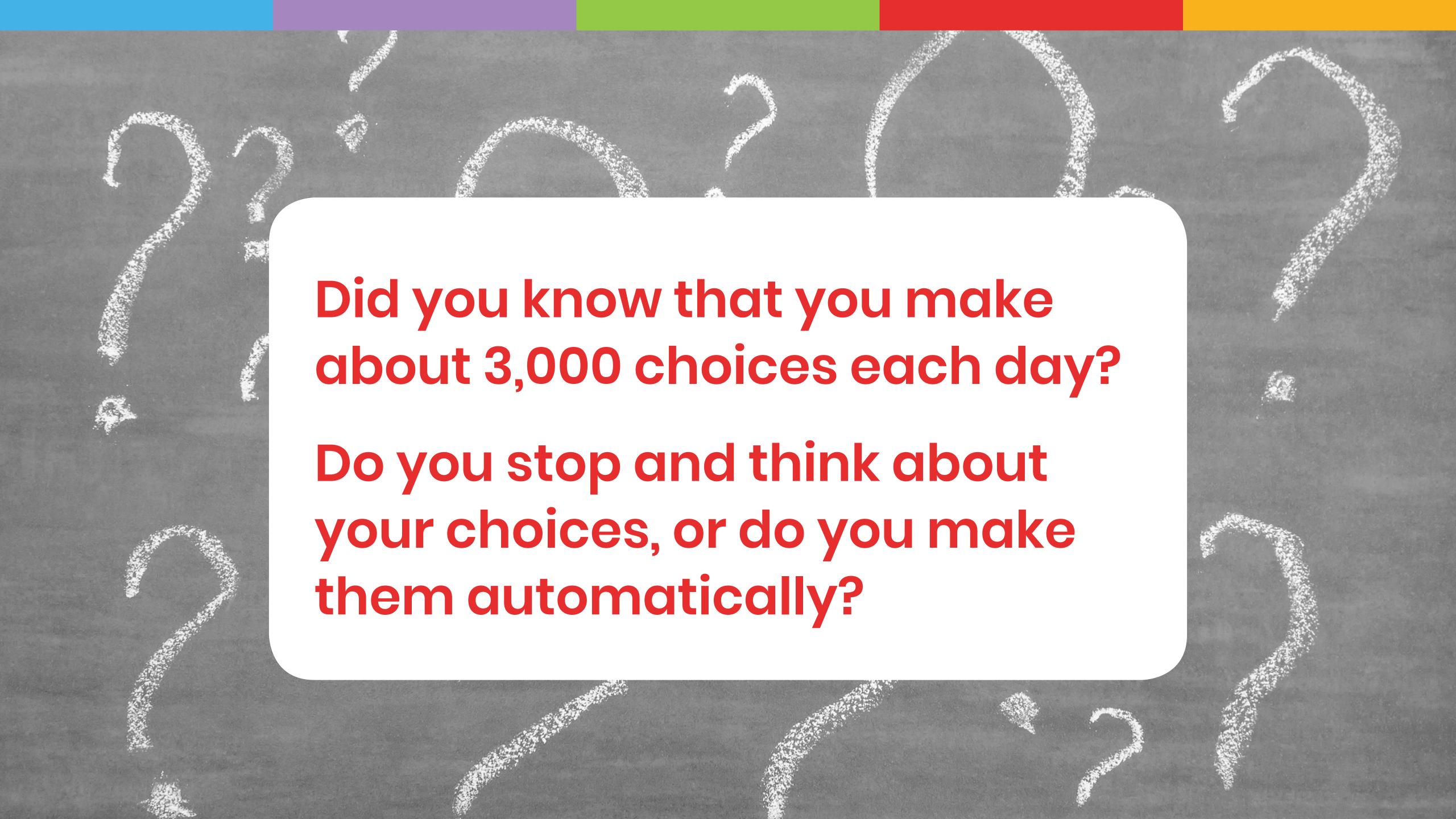




# Do you ride to school on a bus or a \_\_\_\_?







### Your choices can be about...



... what to wear.

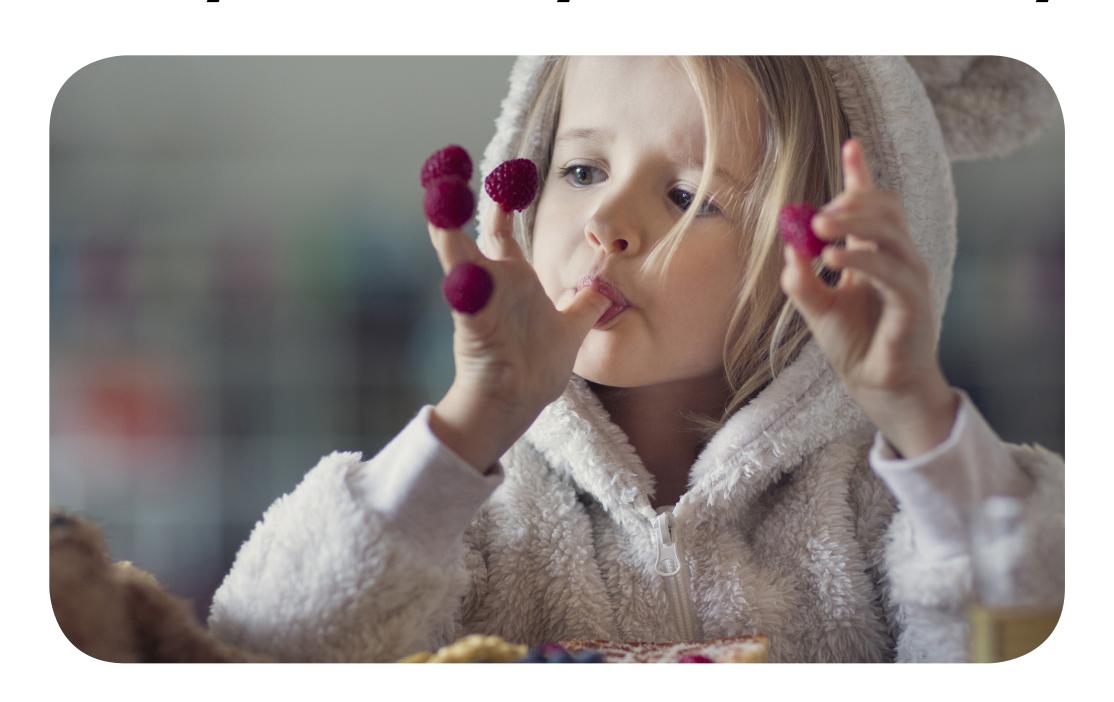


... what to eat for breakfast.



... what to do during recess.

### When your choice is about something that is good for your body and brain, you are making a *fit* choice.







### Name a snack choice that is a fit choice.



### Name a move choice that is a fit choice.



