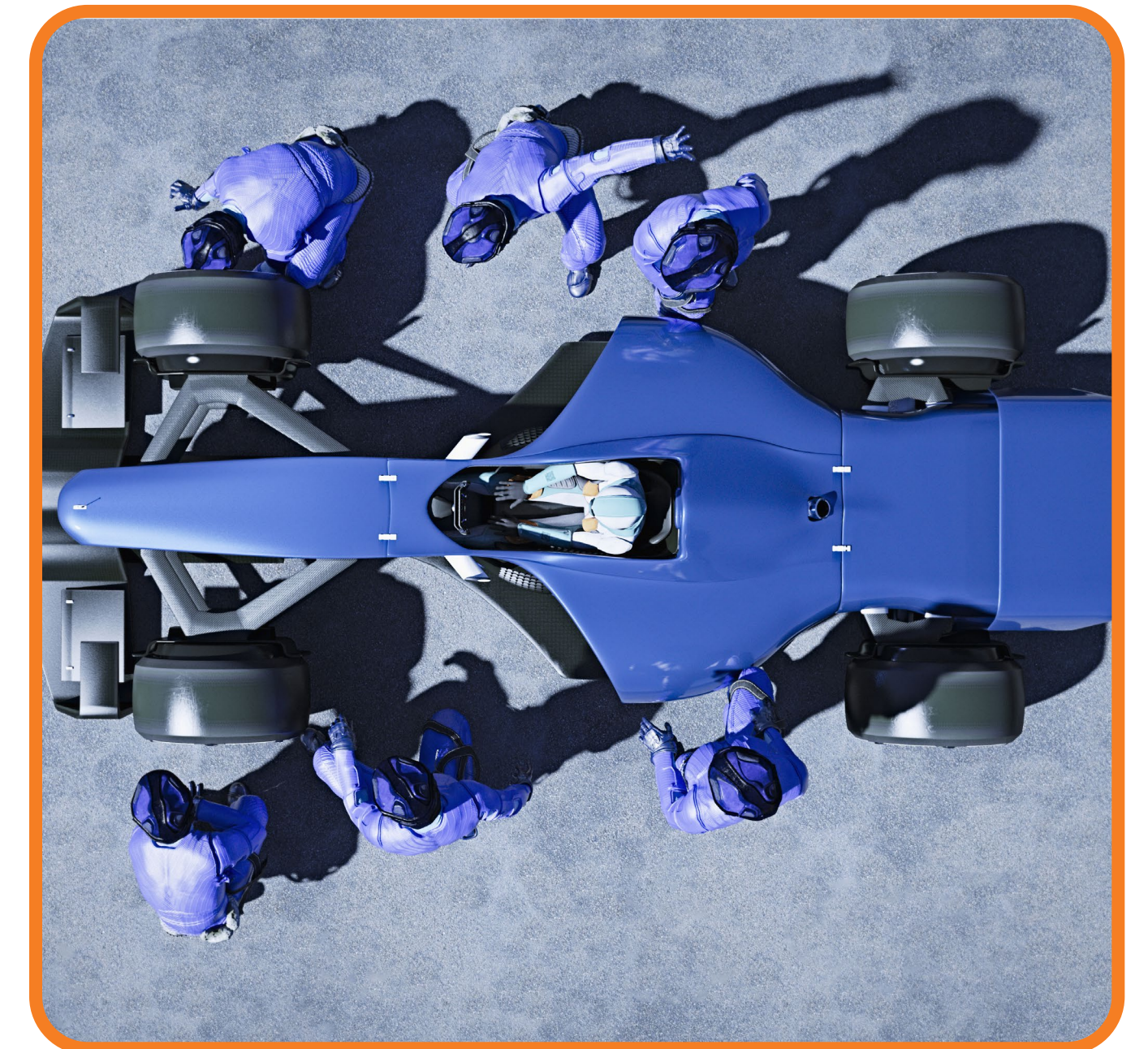




# It's All Connected

How many sides does a square have?  
How many legs does a dog have?  
How many wheels does a race car have?



**They all have  
four parts,  
just like *fit*!**



## **Recharge your energy!**

Sleep 9–12 hours each night and take time to relax without a screen throughout the day.



# Motivate your mood!

Stop and think about your choices, then decide what *fit* choices you can make.



# Think your food!

Choose to eat more fruits and veggies  
and to drink water and milk.



# Move your body!

Be active many times, many ways, and in many places throughout the day.

**MOVE**  
Your Body





**fit**<sup>TM</sup>



**WHAT ARE THE FOUR PARTS OF FIT?**



Motivate Your  
**MOOD**



Think Your  
**FOOD**



**fit**<sup>TM</sup>

**RECHARGE**  
Your Energy



**MOVE**  
Your Body



# Talk with a friend about choices you can make for each part of *fit*.





Say "I will . . ." then tell about your choices.

Write or draw your *fit* choices.

Name \_\_\_\_\_

## *fit* Choices

Being *fit* is about having enough energy and the motivation to make healthy nutrition and physical activity choices. You can make many kinds of *fit* choices each day. Write or draw a healthy choice for each part of *fit*.

 <b>Motivate Your Mood</b>	 <b>Think Your Food</b>
 <b>Recharge Your Energy</b>	 <b>Move Your Body</b>

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