



Motivate Your MOOD

HOW DO YOU FEEL?

Feelings and emotions put you in a mood. Your mood influences your choices and it changes throughout the day. If you're in an unpleasant mood try taking deep breaths, playing outside, or talking to a trusted adult.

Learn more at [fit.sanfordhealth.org!](https://fit.sanfordhealth.org)

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Think Your **FOOD**

FUEL YOUR BODY AND BRAIN!

Food is fuel. Being aware of nutritious options and how to try new foods empowers you to make healthy choices.

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Motivate Your
MOOD



Think Your
FOOD



fitTM

RECHARGE
Your Energy



MOVE
Your Body



**BEING *fit* MEANS HAVING THE RIGHT MINDSET
AND ENOUGH ENERGY TO CHOOSE HEALTHY
FOODS AND TO BE ACTIVE.**



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MOVE Your Body

BOOST YOUR BODY AND BRAIN!

Whether it's going for a hike or playing a game, finding your favorite ways to move throughout the day will help you make healthy choices.

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RECHARGE Your Energy

RELAX, RESTORE, AND REFRESH

Your energy level influences your choices. Recharge by finding healthy screen-free ways to relax and by getting the sleep your body needs.

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