

Do you brush your teeth with a toothbrush or a _____?





Do you wear shoes or on your feet?

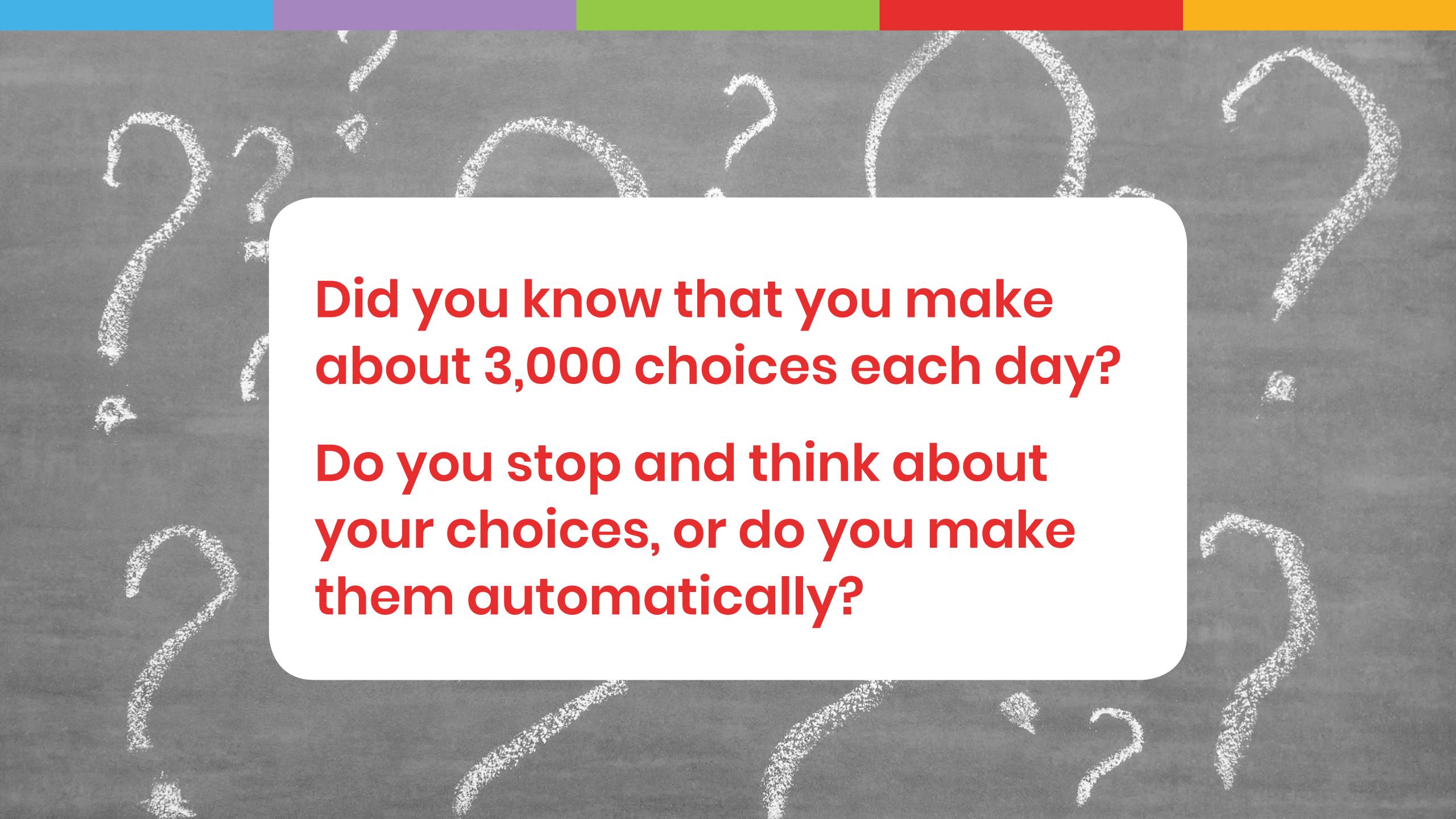




Do you ride to school on a bus or a ____?







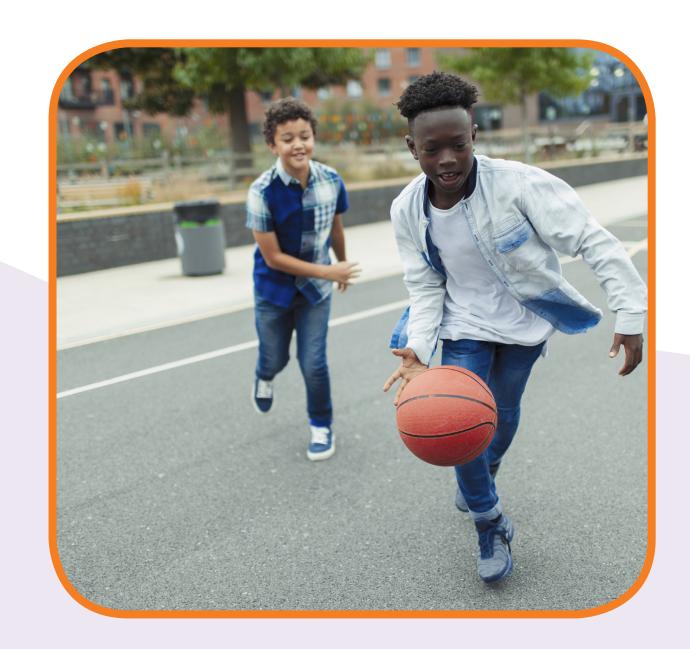
Your choices can be about...



... what to wear.

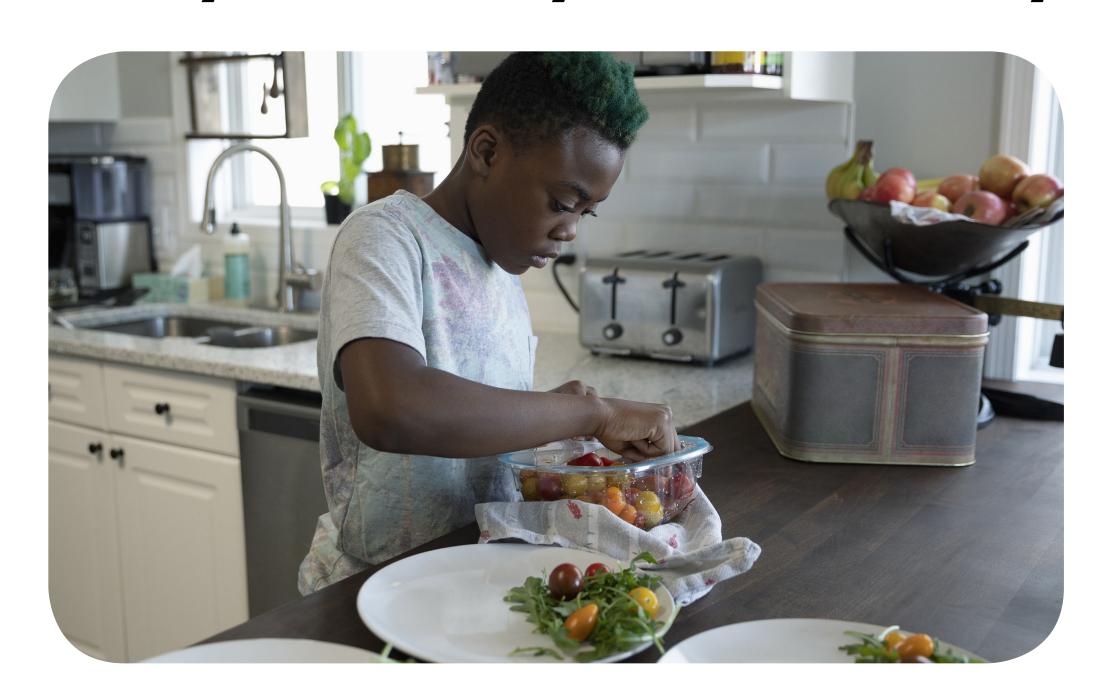


... what to eat for breakfast.



... 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.







WHAT CHOICES ARE GOOD FOR YOUR BODY AND BRAIN?

Name a snack choice that is a fit choice.



Name a move choice that is a fit choice.



