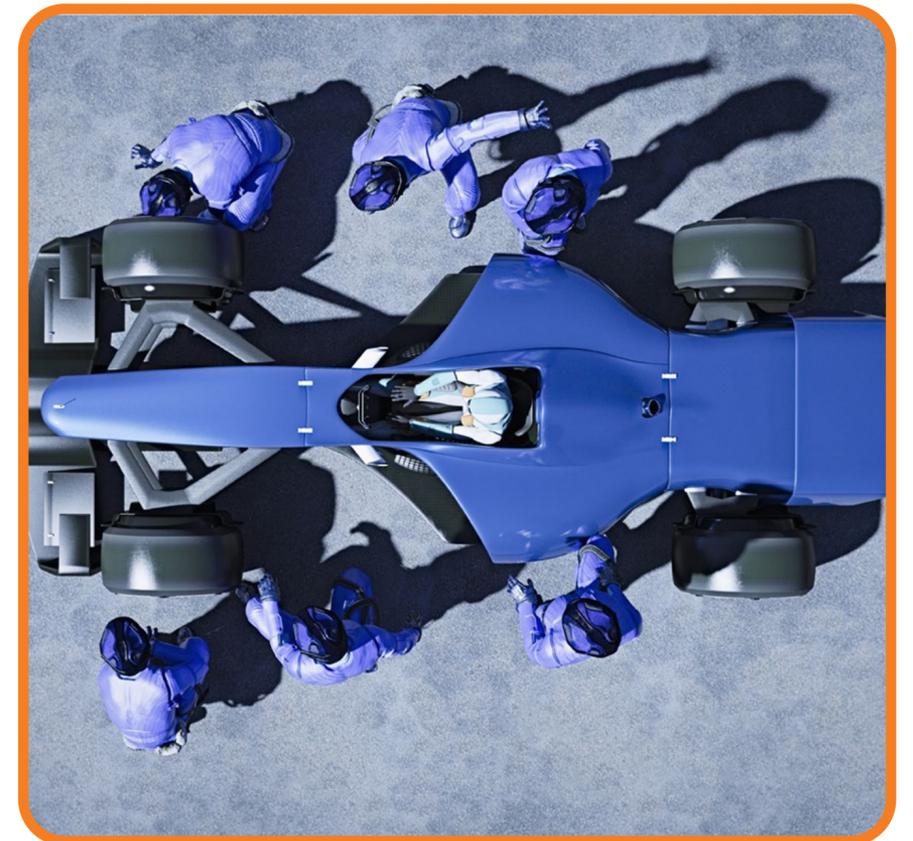
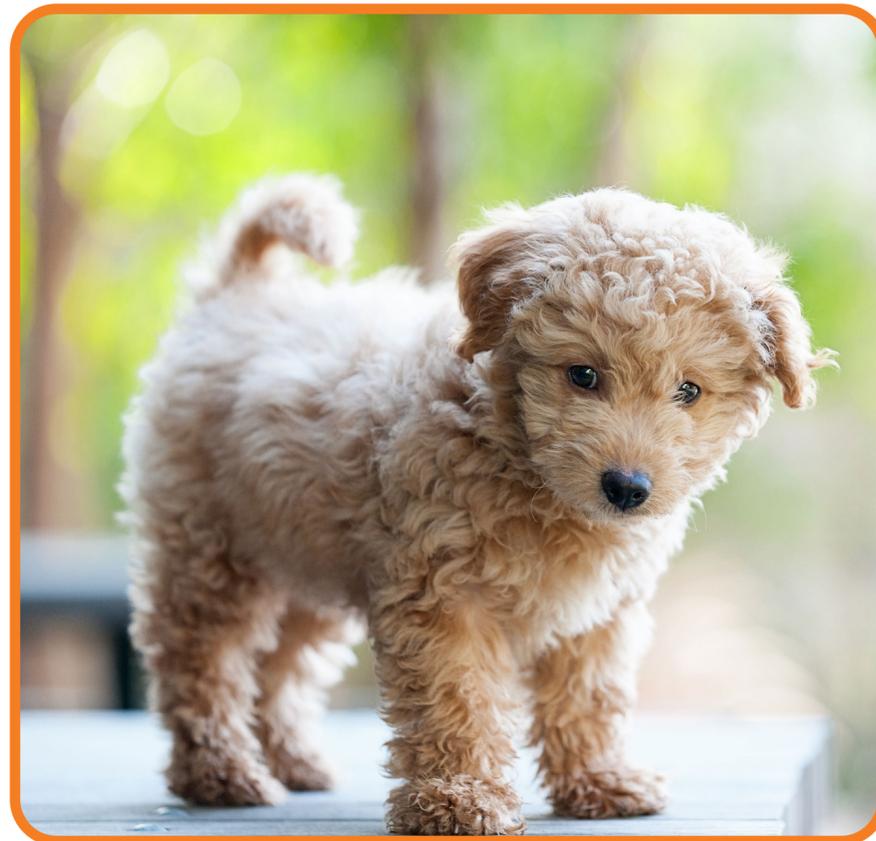
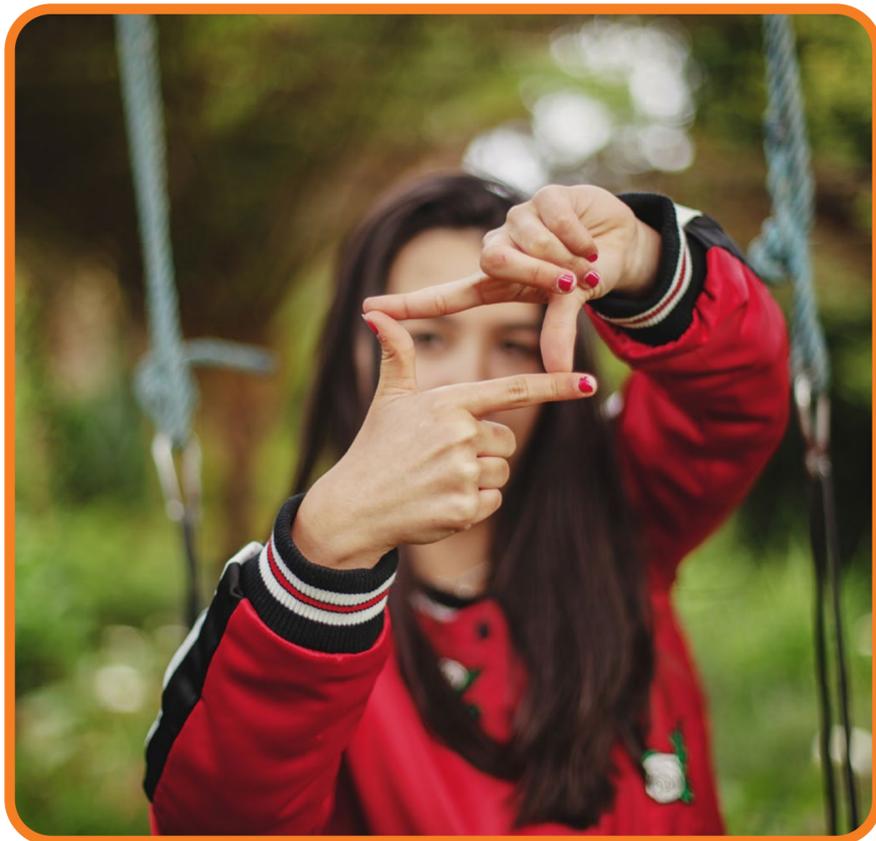


A group of diverse children are gathered around a swimming pool. In the foreground, a young girl with brown hair and blue goggles with pink accents is smiling broadly. To her right, a young girl with dark hair in braids and a red swimsuit is also smiling. In the background, another girl with yellow and blue goggles looks on. The scene is bright and cheerful, set against a blurred background of a pool and sky. The text 'It's All Connected' is overlaid in the center in a bold, black, sans-serif font.

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?

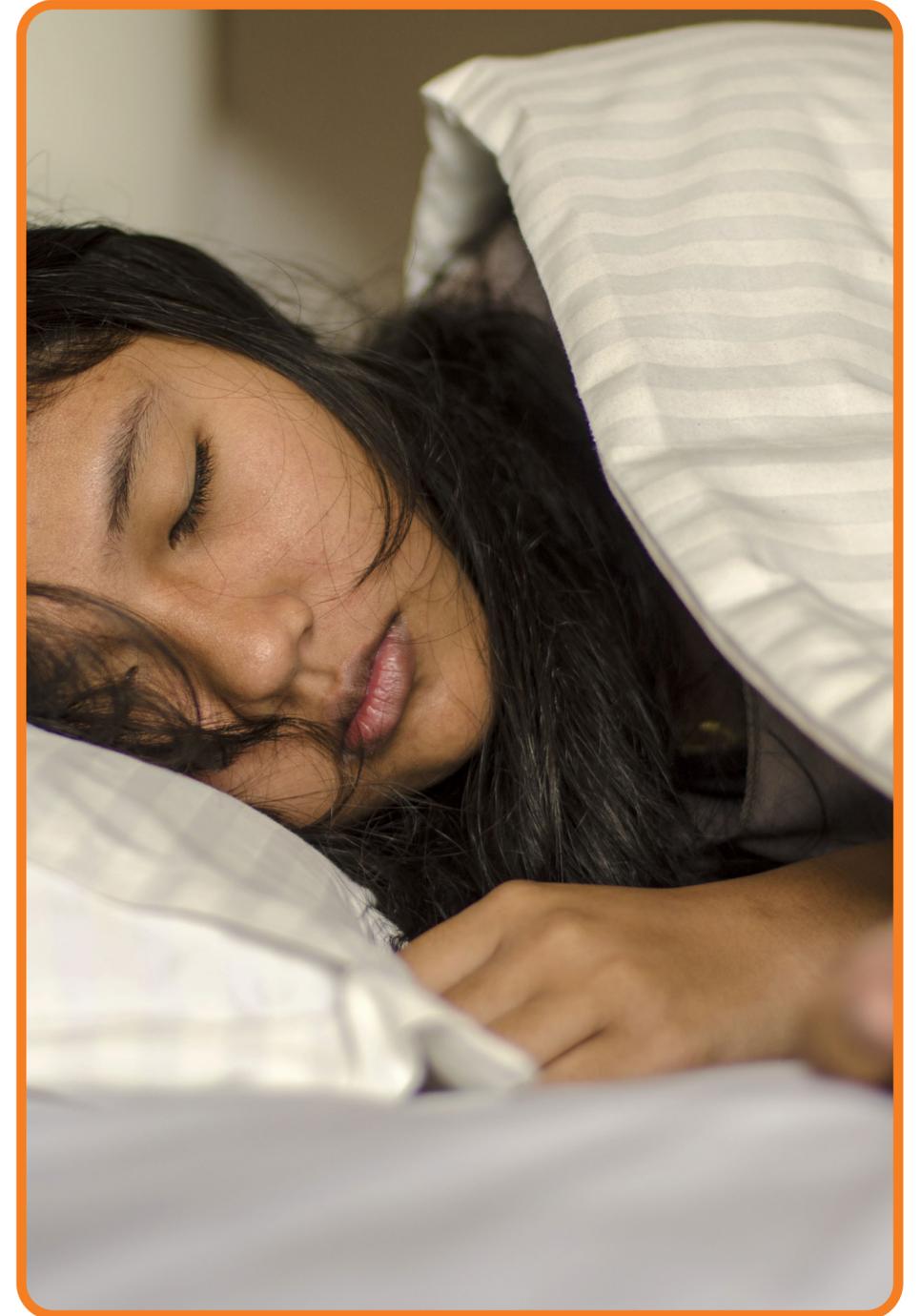


**They all have
four parts,
just like *fit*!**

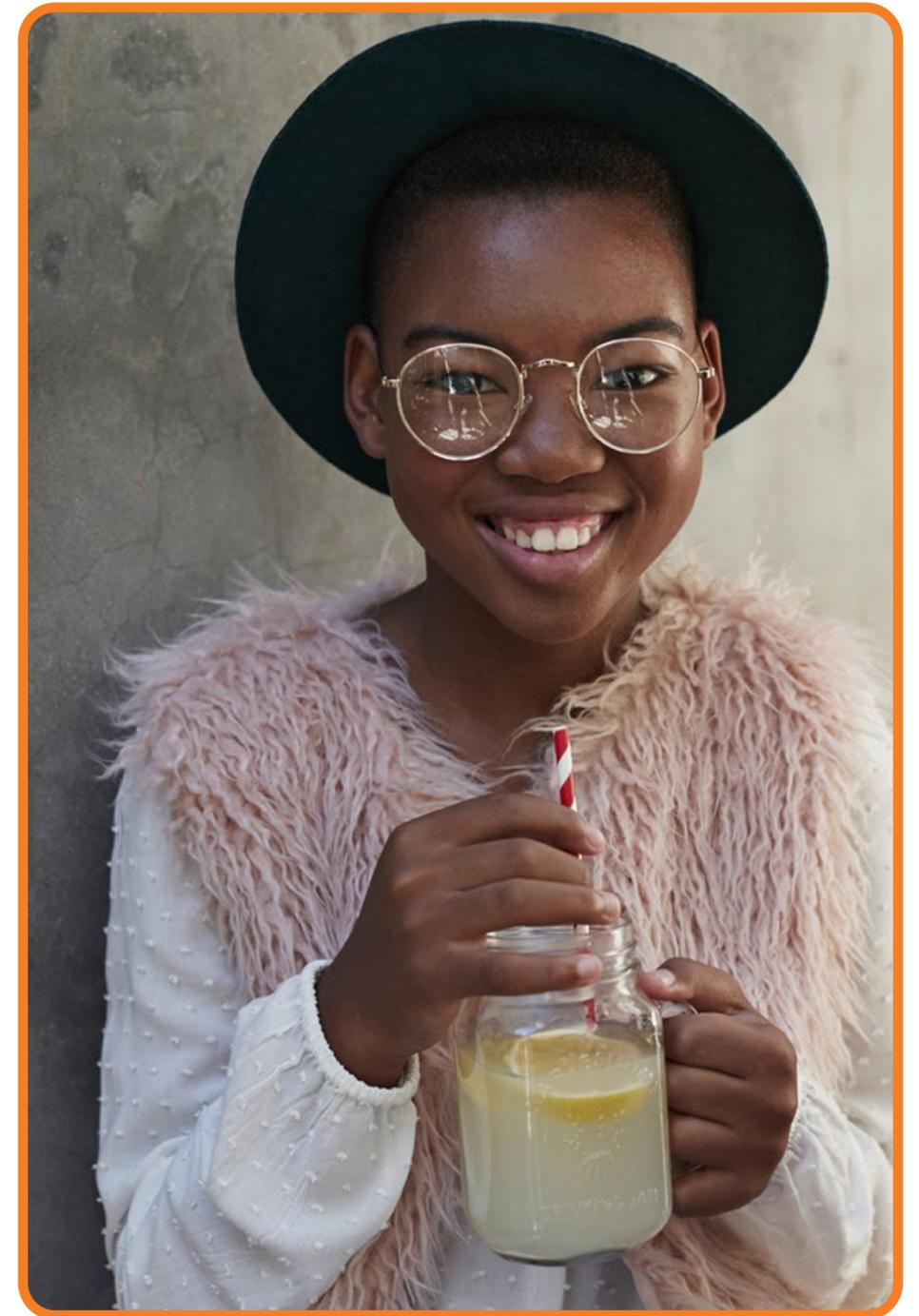


Recharge your energy!

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





fitTM



WHAT ARE THE FOUR PARTS OF FIT?

Motivate Your
MOOD



Think Your
FOOD



fitTM

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*.

 Motivate Your Mood	 Think Your Food
 Recharge Your Energy	 Move Your Body

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