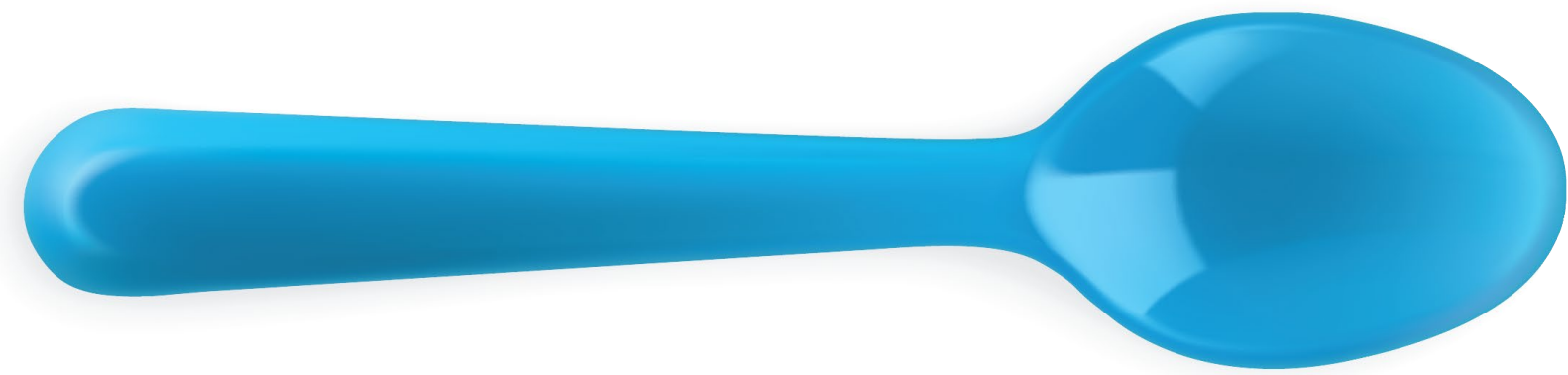


You Can Make *fit* Choices



**Talia eats cereal
with milk for
breakfast.**



**Evander plays
soccer outside
after school.**



**Emma learns
how to bake
bread with her
mom.**



Jonas works on a puzzle before he goes to sleep.



Healthy choices can look like:

- Eating a nutritious breakfast
- Being active throughout the day
- Spending time with family
- Doing a quiet activity



What healthy choices can you make . . .

- To fuel your body?
- To be active throughout the day?
- To motivate your mood?
- To recharge your brain?





Be a *fit* kid:

- Being *fit* is about making choices that are healthy for your body and brain.
- *fit* has four parts:
 - Recharge
 - Mood
 - Food
 - Move
- One healthy choice leads to another!

**Think about the healthy choices
you can make at home and at
school throughout the day.**


If you need help, who will you ask?


Write or draw your *fit* choices.

Name _____

Make a *fit* Choice

You make many choices throughout your day. When you make a choice that is good for your body and brain, you are making a *fit* choice! Show *fit* choices you can make at home and at school.

 **At Home**

 **At School**

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