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# Physical Activity Pyramid: Do activities from all the steps!

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# Eat all of the colors in MyPlate!

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# Get off your seat and move your feet!

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Get up, get moving, and have some fun.

It helps your brain when you get out and run!

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# Play lots, learn lots!

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Play every day,
sun or rain.
Playing is good
for your brain!

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Energy in (the food we eat)

— energy out

(how much we move)

= a healthy body

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Healthy foods help us move! Choose your foods wisely!

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# Everyday foods versus sometimes foods

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# Be water wise!

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# Be sun wise!

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Sweating cools your body when you start to get hot.

Take breaks and drink water if you want to play a lot.

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If you want to do better than before, make a plan to practice more!

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# Make a plan to get fit. Set a goal and go for it!