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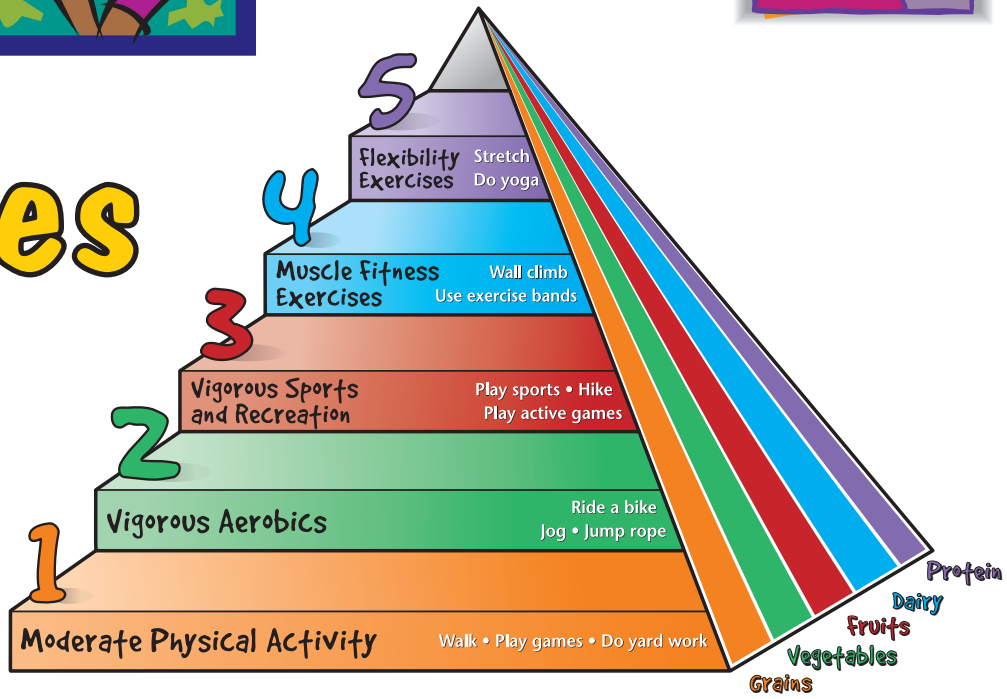
Physical Activity Pyramid: Do activities from all the steps!



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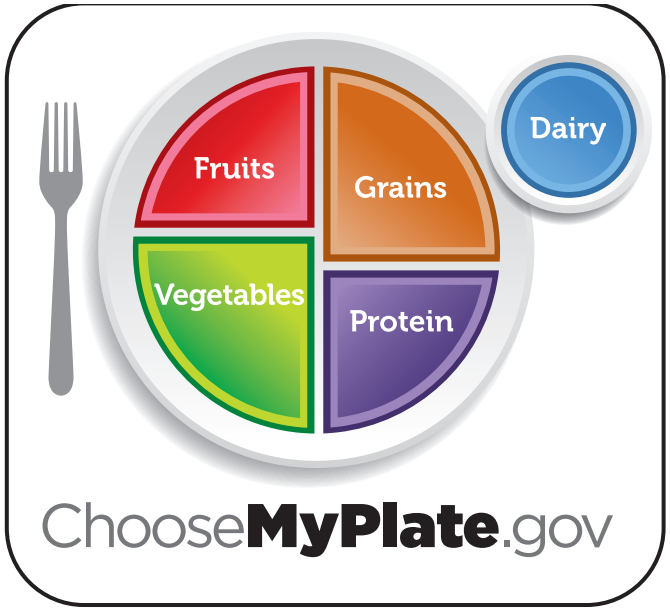
Eat all of the colors in MyPlate!



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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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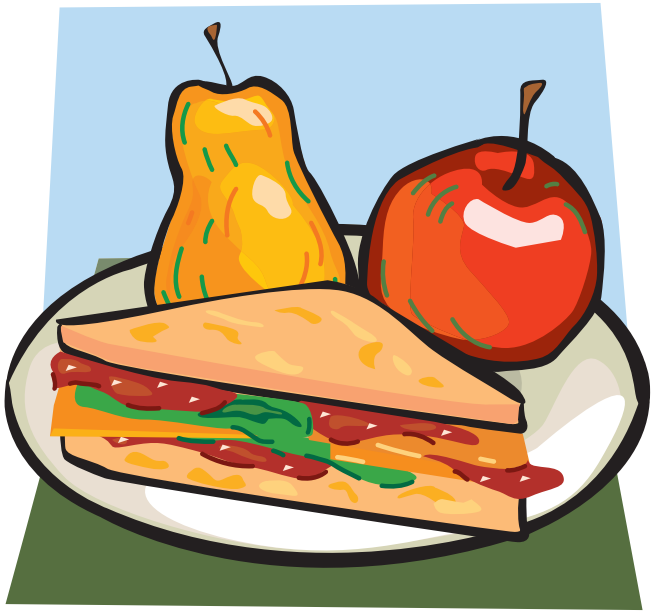
Healthy foods help us move! Choose your foods wisely!



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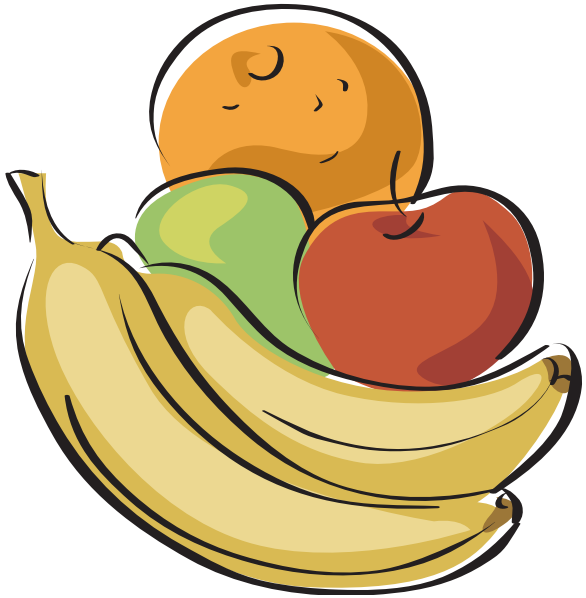

Everyday foods versus sometimes foods

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Be water wise!

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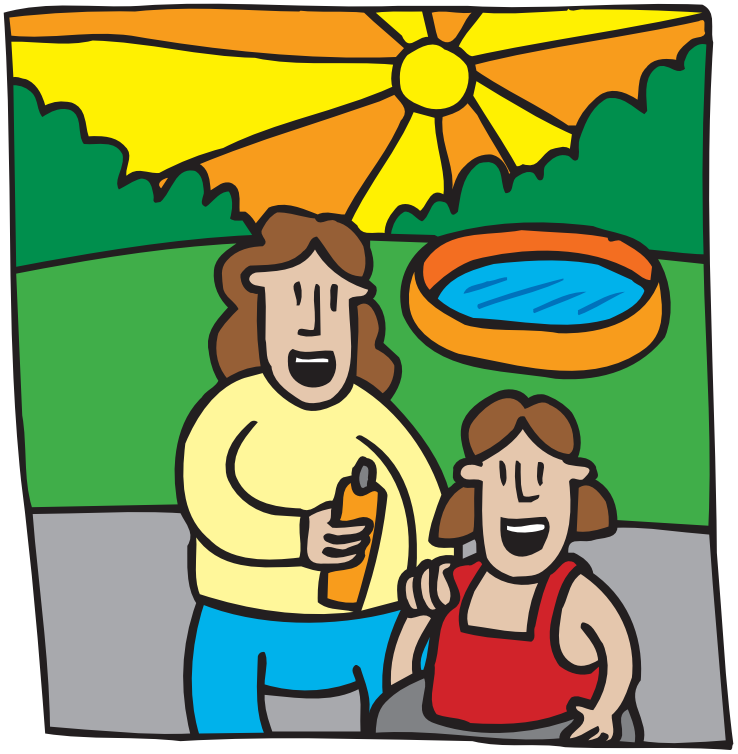
Be sun wise!



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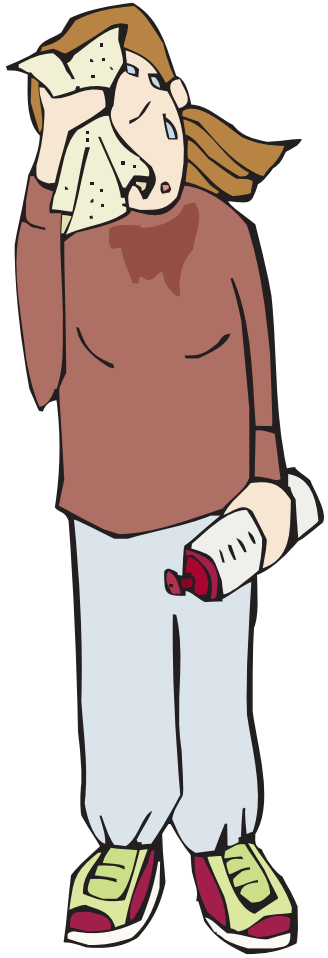
Sweating cools your body when you start to get hot.

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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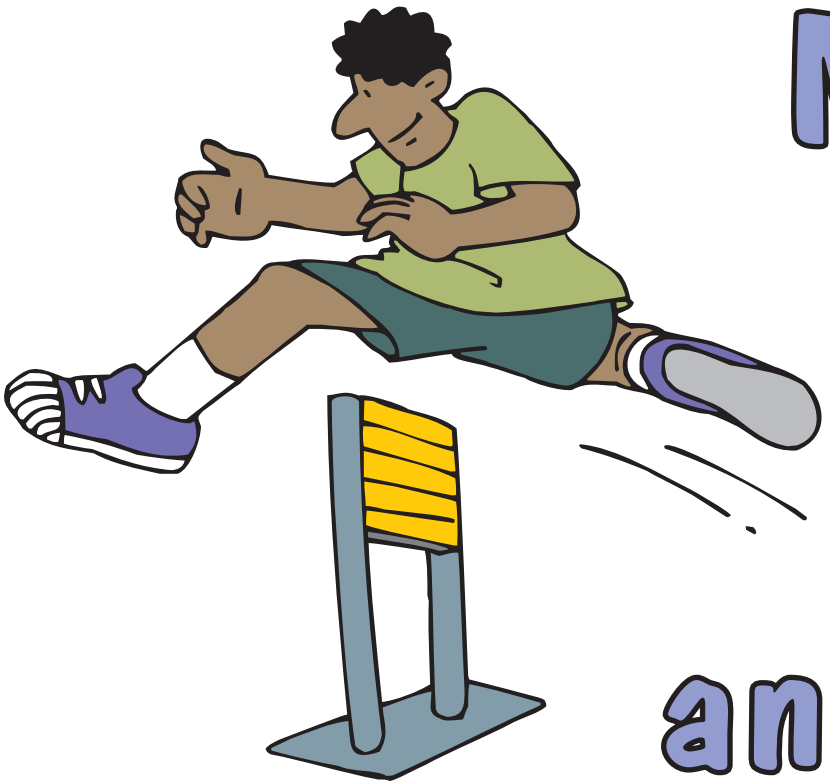

Make a plan to get fit. Set a goal and go for it!