

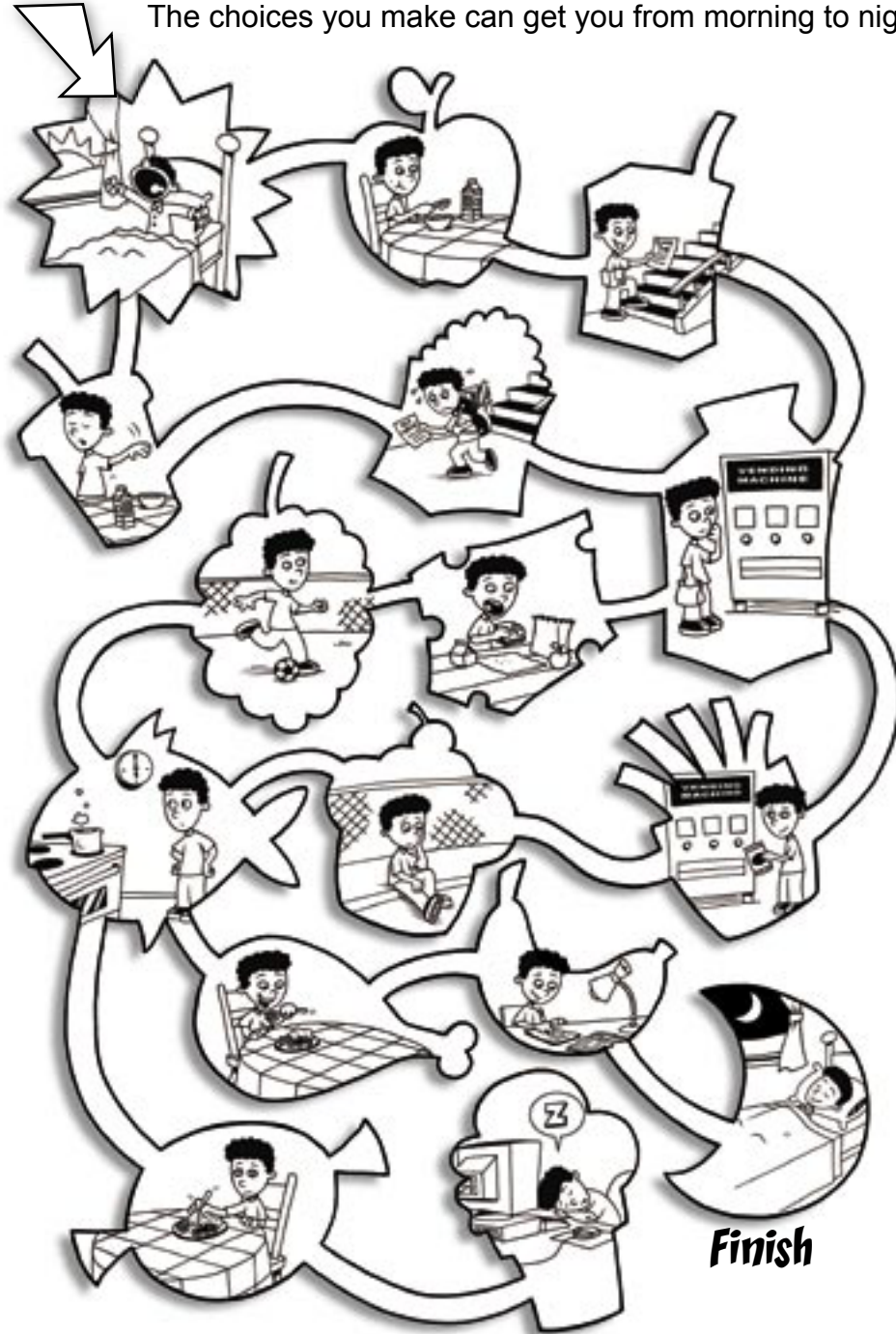


The Choice is Yours!



Start

Follow the trail and make good choices along the way.
The choices you make can get you from morning to night feeling great!



Check out the fun food outlines, then list the healthy and not-so-healthy choices.

Healthy Food Choices:

Not-So-Healthy Food Choices:



Parent Tip

Remind your kids that not only is healthy eating and activity good for them – but it helps them do the everyday things they love to do . . . and do them better!