



Is Your family SAFE?

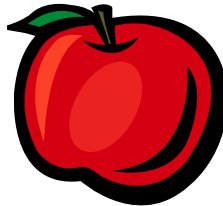


Skip or stop high calorie drinks!

- Drink at least 8 glasses of WATER each day.
- Choose DIET sodas over regular or clear sodas.
- LIMIT juice to 8 ounces (1 cup) per day. RESTRICT SPOOT DRINKS!

Alter your snack habits!

- Large snacks between meals cause weight gain so keep snacks SMALL and HEALTHY (fruit and vegetables).



Forget unhealthy fast foods!

- Limit eating fast food to no more than 3 times a week!
- Don't super size! Make healthy choices such as sandwiches (REDUCE FRIED FOOD).

Exercise daily!

- Wear a pedometer and try to WALK at least 10,000 steps a day.
- Limit media time (watching TV, playing video games, computing) to NO MORE THAN 2 hours a day.



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