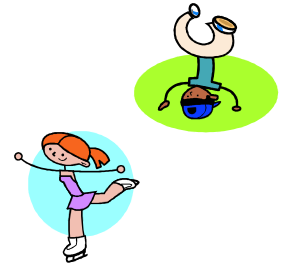


Tips for Family Fitness



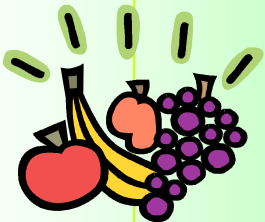
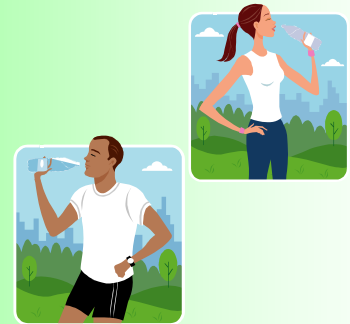
Get Up and Move Every Day!

- At least 30-60 minutes a day
- Check with your doctor if you have any questions



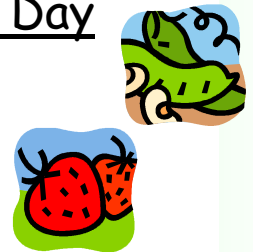
Drink 6 to 8 Glasses of Water a Day

- Cut down on sodas
- Serve 100% juice
- Limit juice to 1 small cup a day



Eat 5 to 9 Fruits and Vegetables a Day

- 1 medium fruit or
- + 1/2 cup of vegetables
- 1 helping



Limit TV and Video Games

- Limit screen time to 1 hour a day
- Screen time = TV, video games, computers, movies, etc.

