



FIT-TASTIC!

Choose Healthy Habits for a Healthy Future



1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**



2 HOURS
MAXIMUM OF
SCREEN TIME



3 SERVINGS
OF LOW OR NONFAT
MILK OR YOGURT



4 SERVINGS
OF **WATER**
NOT SUGARY DRINKS



5 SERVINGS
OR MORE OF
**FRUITS &
VEGETABLES**

Healthy lifestyles start at an early age.
Learn how to make the right decisions at
FitTastic.org