



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](http://FitTastic.org)



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