Think Healthy!

Think Healthy is a program bringing children and their families simple, kid-friendly information on the connection between eating well and feeling good.

WATER WORKS!
Just like a plant, you need plenty of water to keep going.
It doesn’t have to be bottled water – water from the tap is fine!

Ready, Set, Go!
Help your body get ready to move!

Re-charge your body
❖ Get a good night sleep
❖ Eat healthy foods and drink enough water

Stay safe
❖ Wear your helmet, knee and elbow pads
❖ Pay attention to what’s around you
❖ Always have an adult nearby

Stretch
❖ Stretch before and after you exercise to get your body ready

The Children’s Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other caregivers. They are created by clinicians within CHF’s national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

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www.ChildrensHealthFund.org

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You need at least 60 minutes of exercise every day. It’s easy to do! Fun activities you do every day add up fast.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports practice</td>
<td>30 min</td>
</tr>
<tr>
<td>Run at recess</td>
<td>15 min</td>
</tr>
<tr>
<td>Ride a bike</td>
<td>+15 min</td>
</tr>
<tr>
<td>Dance to music</td>
<td>30 min</td>
</tr>
<tr>
<td>Walk to school</td>
<td>15 min</td>
</tr>
<tr>
<td>Hula hoop</td>
<td>+15 min</td>
</tr>
<tr>
<td>Jump rope with friend</td>
<td>15 min</td>
</tr>
<tr>
<td>Play active video game</td>
<td>15 min</td>
</tr>
<tr>
<td>Run at recess</td>
<td>15 min</td>
</tr>
<tr>
<td>Walk the dog</td>
<td>+15 min</td>
</tr>
</tbody>
</table>

Feel Fit!

Don’t feel like exercising

* Sluggish - no energy
* Feel sad or depressed

Don’t get enough exercise

* Being active gets harder
* Feel out of shape

Be fit and ready to get moving

Feel good and full of energy

Too much TV and video games

* No energy to move
* Get tired and lazy

Get tired and lazy

Feel sad or depressed

Sluggish - no energy

Feel good and full of energy

Be fit and ready to get moving