

EXERCISES YOU CAN DO

Jump Rope



Run



Hop Like a Frog



Skip & Flap Your Wings



Twist at the waist like a Dragonfly



Walk



visit our website

www.KidsGrowingStrong.org

Eat Healthy... GROW STRONG

The Sun sends energy to plants ...Plants change energy into food.

If your body doesn't use the energy you get from food when you eat it, your body saves the extra as fat until it needs it. You must keep the energy you eat and the energy you use in balance.

So... **EXERCISE.**

Eat fresh foods (try growing some yourself) and **keep moving!**

It's the only way to keep yourself strong & healthy.

fruits
vegetables
and
grains...

...the building blocks of a healthy diet...

AND YOU CAN GROW THEM YOURSELF!



Some Healthy Foods You Can Grow and Eat....

Tomatoes: The "BEST" salad veggie. Every serving packs a big dose of the antioxidant "lycopene" and vitamin C.

Carrots: Great source for the phytochemical "beta-carotene" which converts to vitamin A in the body.

Blueberries: Little powerhouses bursting with vitamin C, folic acid minerals, and disease-fighting phytochemicals. Grow a bush!

Cantaloupe: Ranks almost as high in phytochemicals as blueberries. It makes a sweet, refreshing snack.

Spinach: Jam packed with vitamin A and folic acid, it also provides some vitamin C and iron.

Oranges: Everyone loves oranges. Grow an orange tree!