

EAT WELL, BE ACTIVE! IT'S GOOD FOR YOUR MIND AND BODY!

yes no DO YOU...

- Constantly worry about your body weight, size and shape and think about ways to improve them?
- Feel you would be happier and more popular if you were thinner or more muscular?

😊 **Healthy bodies and happy people come in all different shapes and sizes!** Your body is growing and changing at a pace that is right for you! It is OK to be happy with who you are.

😊 **Don't try to look like your friends or magazine models.** Kids your age may be tall, short, thin or heavy. Every body grows at a different speed. Computers can change pictures so that models look "perfect." There is no "right" or "wrong" or "perfect" body shape or size!

Here are some of the great things that eating well and exercising regularly can do for you!

Put a check by the things that are important to you:

- feel better about myself*
- be healthy*
- grow as tall as I'm supposed to be*
- think better and do better in school*
- be the best I can be in activities I enjoy*
- be in a better mood*
- sleep better*
- have more energy to do all the things I want to do*

Tell a friend, teacher, your parents or doctor what you've decided to do and why.

FOOD FEEDS YOUR BODY & YOUR BRAIN



BRAIN - breads, cereals, pastas, rice, fruits and vegetables

SKIN & HAIR - lean meats, poultry, fish, dairy foods, legumes (such as red or black beans), eggs, carrots, orange juice

MUSCLES - lean meats, poultry, fish, dairy foods, legumes (such as lentils, pinto or refried beans), peanut butter

BONES & TEETH - milk, cheese, yogurt, tofu, legumes (such as white beans), almonds, broccoli

yes no DO YOU...

- Usually eat foods you think will make you thin or better looking?
- Play sports and exercise only to lose weight instead of for the fun of it?

😊 **Try not to think of fat and calories as bad things to avoid!** Eating foods that have fat doesn't mean you'll get fat. Part of your brain is made from fat. Your brain needs fat to help you think and to send messages to your muscles and organs.

😊 **Eating well means eating and enjoying all different kinds of foods from all the food groups.** Each food group supplies special vitamins, minerals and other nutrients. For example, milk gives you calcium to make your bones grow stronger. Eating many different foods will help you think better and help keep your body fit and healthy so that you feel good.

😊 **Move your body!** Instead of watching television, playing video games or listening to music, try to trade some of your free time every day to do things you enjoy that keep your body moving. Playing sports, dancing, riding a bike or walking to a friend's house will help keep your mind sharp and your body healthy.