What to Munch

Try This!

Choose Whole
Make sure at least half of the grains you eat are whole grains. Think oatmeal, whole-wheat bread, brown rice, and lowfat popcorn.

Grab Some Fruit
Snack on, eat with meals, and enjoy as a dessert.

Reach for Veggies
Pick lots of different colored veggies. Dark green, orange, and red are just a start.

Drink and Nibble Dairy
Enjoy lowfat or fat-free milk and other calcium-rich milk products several times a day.

Go Easy On Sugar
If sugar is one of the first ingredients, look for another food or beverage to eat.

Have a watermelon slice – it's naturally sweet AND nutritious!

Refresh yourself with a slice of watermelon after exercising. It's 92% water!

How about a yogurt, pineapple, peach, watermelon smoothie? Yum!

www.watermelon.org
How to Move

Get Going!

Take the First Step
Start exercising and invite your family to join in. Take your dog for a walk, go swimming, or throw a Frisbee.

Take the President’s Challenge
Go to www.presidentschallenge.org and track your activities together.

Set Up a Schedule
Kids need to exercise 60 minutes every day or most days. Adults need 30 most days. Come up with a plan to walk, cycle, jog, swim, or skate.

Throw a Party
Turn the next family celebration into a physical one. Go skating, try silly backyard relay races, or have a pool party.

Get Up!
Spend less time sitting and more time moving. Do a chore during commercial breaks. Don’t sit in front of the computer for hours.

Give Action Gifts
Sports equipment or outdoor games are fun ideas! Share the gift of fitness.

I exercise or play with my big bro every day!

Let’s go for a walk!