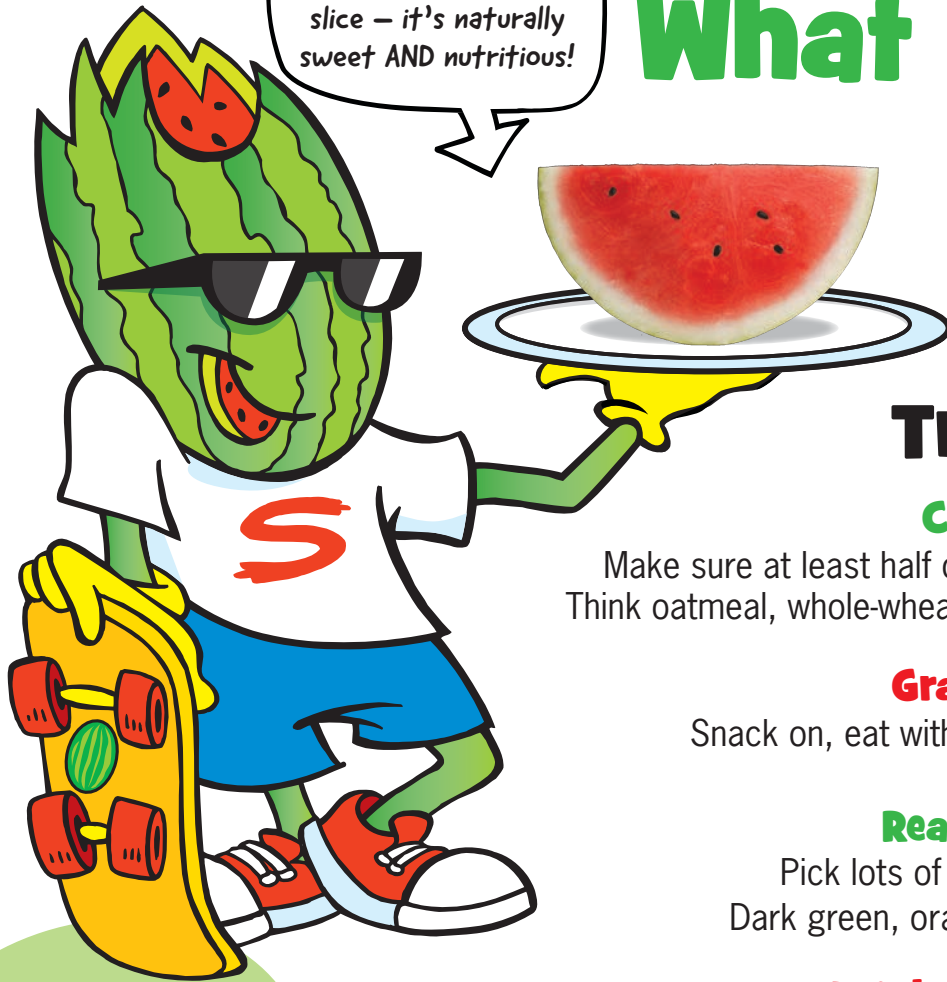


Have a watermelon slice – it's naturally sweet AND nutritious!

# What to Munch

With   
Slice

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



## 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

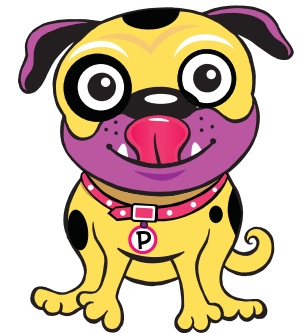
Enjoy lowfat or fat-free milk and other calcium-rich milk products several times a day.

### Go Easy On Sugar

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



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



# How to Move

With   
Slice

## 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](http://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.

