

Pledge to Be Fit

BEING FIT MEANS THAT YOU EAT WELL AND GET A LOT OF EXERCISE.

Being fit means that you eat well, get a lot of exercise, and are a healthy weight. When you are fit, your body works well, you feel good, and you have the energy to do the things that you want to do.



I pledge to be fit and to:

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| • Eat 2 pieces of fruit each day. | • Drink 3-4 glasses of water each day. |
| • Eat 3 vegetables each day. | • Drink less sugar-sweetened beverages. |
| • Eat less junk food—choose snacks that are better for me, for example, raw vegetables, cheese and crackers. | • Watch TV or play video/computer games no more than 1 hour each day. |
| • Eat breakfast each day. | • Be active for at least 1 hour each day: Playing a team sport, ping pong or tennis, riding my bike, running, shooting hoops, jumping rope or playing at the playground, etc. |
| • Drink 3 glasses of low-fat milk each day. | |

HEALTHY LUNCHBOX TIPS

Allowing children to choose their own lunchbox and help prepare their own lunch helps pique interest in the meal. Let your children help make lunch the night before school to avoid last-minute morning rushing. The most nutritious lunches include foods from at least three food groups. You should prepare lunches with the proper portions and healthy choices with whole grains, protein, and produce. Some healthy fare includes whole-grain breads or crackers, peanut and almond butters, light canned tuna fish, sliced, raw vegetables, and fruits. Low fat milk and fortified 100% unsweetened fruit juice are the best drinks for children at lunch. Healthy snacks include: baked potato chips, pretzels, trail mix, raisins, nuts or soy nuts, fig bars, Graham crackers, and sunflower seeds.

My Name _____

My Age _____

Date _____

Parent/Guardian Signature _____

Date _____

For more information on healthy eating, visit www.mypyramid.gov



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