



This Summer Eat Smart To Play Hard!



GET ACTIVE
Get at least
60 minutes of
physical activity
every day.



**LIMIT
SCREEN TIME**
Limit your computer, phone,
TV, and video game time to
no more than 1-2 hours a day.



**DRINK
SMART, TOO!**
Thirsty? Choose
water instead of
sugar-sweetened
beverages.

