



Eat right. Be active. Get healthy.

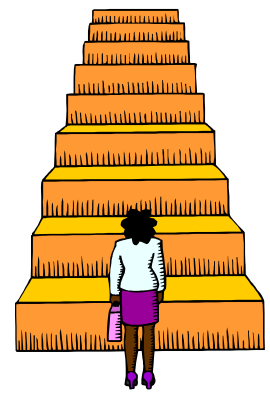
LET'S GO! TERO 5210 I GANG KWAN

Ket tuku nyo wot i cik ma meri



Nen ni "wang cawa 1" obed me tuku nyo wot— i.e. lotino ki lo nyodo myero gi tuk tuku nyo wot pi wang cawa aciel pi nino ducu

- Ka twere, wot nyo ngweci ki lela ka wot ma megi loyo wot ki motokari
- Wot ki rwom pi cawa ducu
- Cung mutukari ma meri wa i agiki me cung pa mutukari



- Mar tuku i acaki nyo agiki ma pud pe i camo cam
- Tuk ki lotino
- Nen ni wun ducu ki dano ma gang wu tye iye
- La nyaa

- Med tuku pi nino ducu wek orom wang cawa aciel ma myero i tuk jwi

- Mar tuku ki lee woko
- Tuk woko lee i ka ma bor



Kit me timo ne ma yot:

1. Tim aloka loka wek i med tuku ma meri
2. Ket tuku obed gin atima pi kare ducu
3. Pim kit ma kero ma meri tye kwede ki gin la pim kero/pedometer
4. Wek tuku obed gin amara!!!

Lim www.letsgo.org Ka i mito ngeo ma pol

