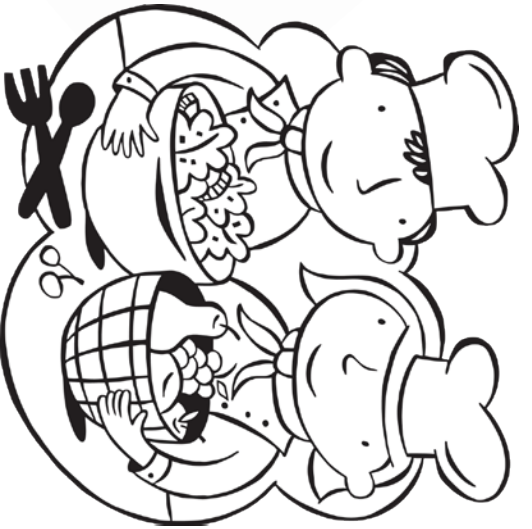


5

or more fruits and vegetables!



hour or more of physical activity!

1

How many of the activities listed can you find in the puzzle below?

C F G J I B X S V B D Q R A R Y Y P G Y O L R G M S
 Y N W U N P R G A G N I N E D R A G N G U N H I W
 I B I Y R W E Q S Z W N C C I Q Y V N I I J F N I
 O J A B M H K L K H G S F C J H Y I M D I R G S M
 R S X U L N A M E P U Q B O Z Q K E D H P K N C S
 D C Q E U C E W T A Z I V S D I A E P U G O S Q J
 F R O G K W N P B J K P W S H H L L W C O W R M K A
 Y A L P A Q S F A E K P R L P S E U I S R L E G X
 W F L R R T L T L Z Z P X U U F M D H X A P C D G
 A Q A N U Q N F L L Q R W R S N H A O W P Q V M I Y
 L E G H I B C G L K P S I V C N E X R H N Q C U Q
 K U E Q R Z Q E N N E J X O C S I P T E S J Y F J
 I A S J P C B Z H J U M P I N G R N S S E C E R M
 N J I G W C V B V G G N G J Y I W G J W Y B Z R
 G W A T E R S E I Y Q G V P P F M K W N N X D W D

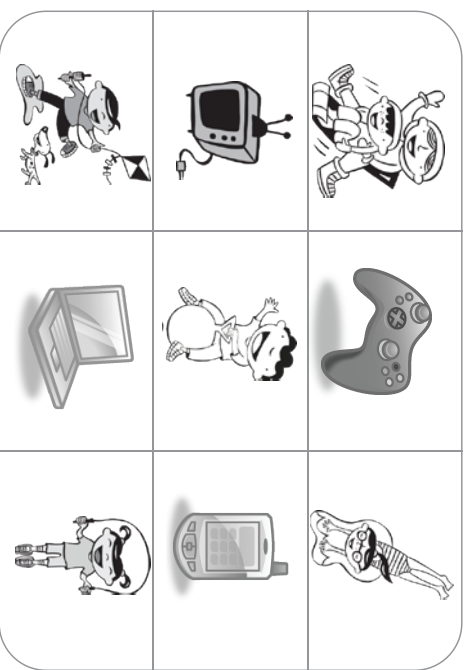
- BASKETBALL
- BIKE
- DANCING
- GARDENING
- HIKING
- JUMPING
- JUMPROPE
- PLAY
- RECESS
- REDY
- RUNNING
- SKIING
- SLEDDING
- SNEAKERS
- SNOWSHOES
- SOCCER
- SWIM
- TAG
- WALKING
- WATER



Redy is Let's Go!'s mascot and shares the 5-2-1-0 message. Redy's favorite foods are apples, blueberries, and green peppers. He loves doing cartwheels, and is also very good at jumping rope and playing Frisbee. He likes to cool down with clear, refreshing water after a long day of play!

2

hours or less recreational screen time!



Circle the activities that make your body strong!

5210
Every Day!

0

sugary drinks, more water!



WATER