

# Growing a Strong Body



Get 60  
minutes of  
exercise  
every day!



NURTURE

[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)



# Eat mostly GO foods





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# Drink water!



Get plenty  
of rest

# Want or Need



# Want or Need?

# Sports Drinks



# Want or Need?

# Water



# Want or Need?

# Cookies





# Want or Need?

# Television



# Want or Need?

# Vegetables



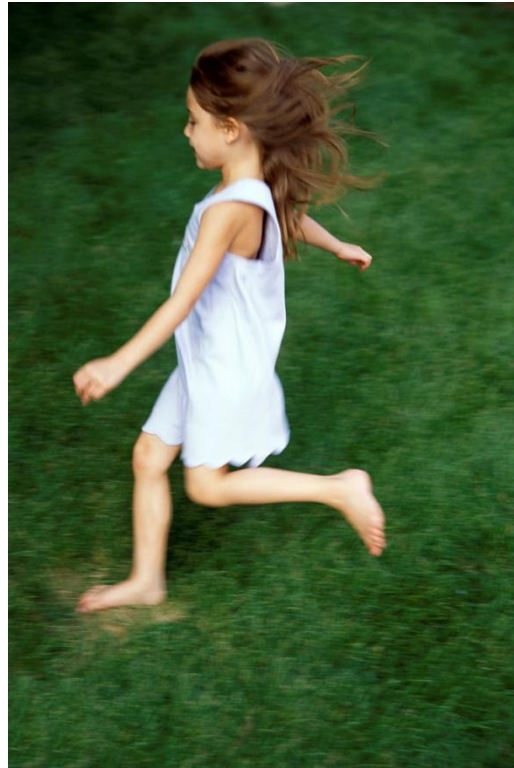
# Want or Need?

## Grapes



# Want or Need?

# Running



# Want or Need?

# Cake



# Want or Need?

# Sleep

