



Growing a Strong Body



Get 60 minutes
of exercise
every day!



Eat mostly
'GO' foods



**Drink
water!**



Get plenty
of rest



Want or Need





Want or Need?

Video games





Want or Need?

Water





Want or Need?

Chocolate





Want or Need?

Salad





Want or Need?

Biking





Want or Need?

Soda





Want or Need?

Bananas





Want or Need?

Sleep

