



The Pledge of Allegiance



I pledge allegiance to my body for all it does for me, and to the community of which I am a part, one planet, under the sun, interconnected, with health and happiness for all.

I will try to:

- Eat more fruits and vegetables every day.
- Fuel up on a wide variety of GO foods!.
- Read It Before I Eat It!
- Eat breakfast every day.
- Enjoy being active.
- Feed healthy messages to my mind.
- Make choices that are good for my health and for the health of the planet.

My Signature Date

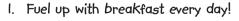


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Coach



Top 10 Tips to Treat Your Body Right!





- 2. Fruits & Veggies more, more, more!
- 3. Balance your diet with MyPlate!
- 4. Cut down on sugar and fat!
- 5. Read it before you eat it!
- 6. Go fresh! Choose foods that are good for your health and good for the health of the planet!
- 7. Get enough sleep and relaxation!
- 8. Have fun being active every day!
- 9. Feed healthy food to your body and positive messages to your mind "I can do this!"
- 10. Remember, every body is different, and different is a good thing! Feel good about YOU!



SODA NATURALE

INGREDIENTS:

Seltzer Water

Any 100% Fruit Juice: Orange, grape, cranberry, etc.

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WHAT TO DO:

- 1. Mix together half seltzer and half juice in a cup.
- 2. Name your soda and make up a cool label. Paste it on a recycled bottle and package your drink!

(There are 10 teaspoons of sugar in a can of soda!

For a tasty but healthy drink, make your own soda...naturally!)

YOGURT PARFAIT

INGREDIENTS:

Yogurt or soy yogurt

Cut up fruit (like strawberries, bananas, peaches, apples) Topping (cereal, granola, nuts, seeds)

WHAT TO DO:

- I. Put a layer of yogurt in the bottom of a cup, then add a layer of fruit, then another layer of yogurt, then another layer of fruit, and a last layer of yogurt.
- 2. Finish off with your favorite topping.