

Tips for Controlling Body Odor



Bathe daily



Shower after sweating



Wash all parts of your body



Wear clean underwear, socks and clothes daily



Sport loose-fitting cotton clothing



Watch for dietary causes of body odor, like garlic

COLOSSAL QUESTIONS

WHAT IF YOU NEVER SHOWERED?

DREAMWORKStv



HEALTHY HABITS For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY ENERGIZED

- Eat nutritious meals daily. Include food groups: dairy, vegetables.

STAY HAPPY

- Make good choices every day for a happy, healthy YOU!



Healthy Living Tip:

Personal Hygiene

EAT **WHOLE**
DRINK **WATER**
stay **ACTIVE**
BE HEALTHY

COLOSSAL
QUESTIONS

WHAT WAS
THE FIRST
SPORT?



Healthy Living Tip:

Find a Activity You Enjoy





Healthy Living Tip:

Be Careful - Don't itch!



Healthy Living Tip:



Be happy with your size



Healthy Living Tip:

Have FUN this Summer!





Healthy Living Tip:
Brush Your Teeth





Healthy Living Tip:

Limit Video Games





Healthy Living Tip:

Wash Your Hands



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**Fruit &
Veggies**

**COLOSSAL
QUESTIONS**

**TOMATO:
FRUIT OR
VEGETABLE?**

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- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

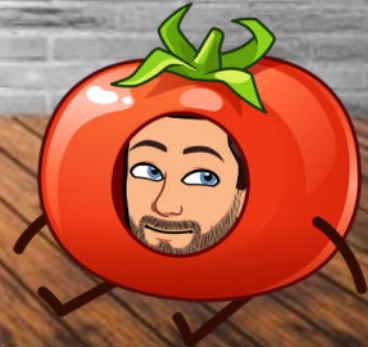
- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.

STAY HAPPY

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Healthy Living Tip:

Eat your Fruit and Veggies



EAT **WHOLE**
DRINK **WATER**
stay **ACTIVE**
BE HEALTHY

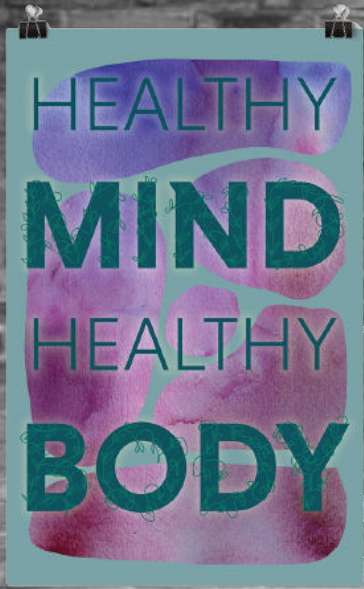
Active and Healthy Lifestyle



Healthy Living Tip:

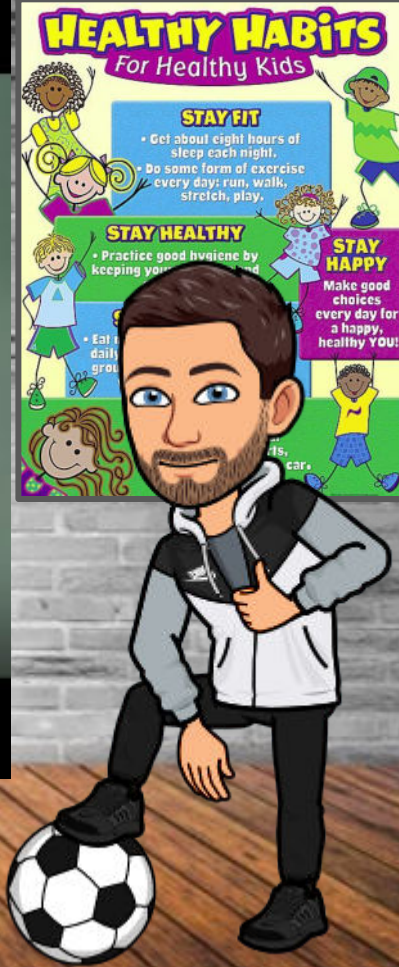
Be Active and Healthy





Healthy Living Tip:

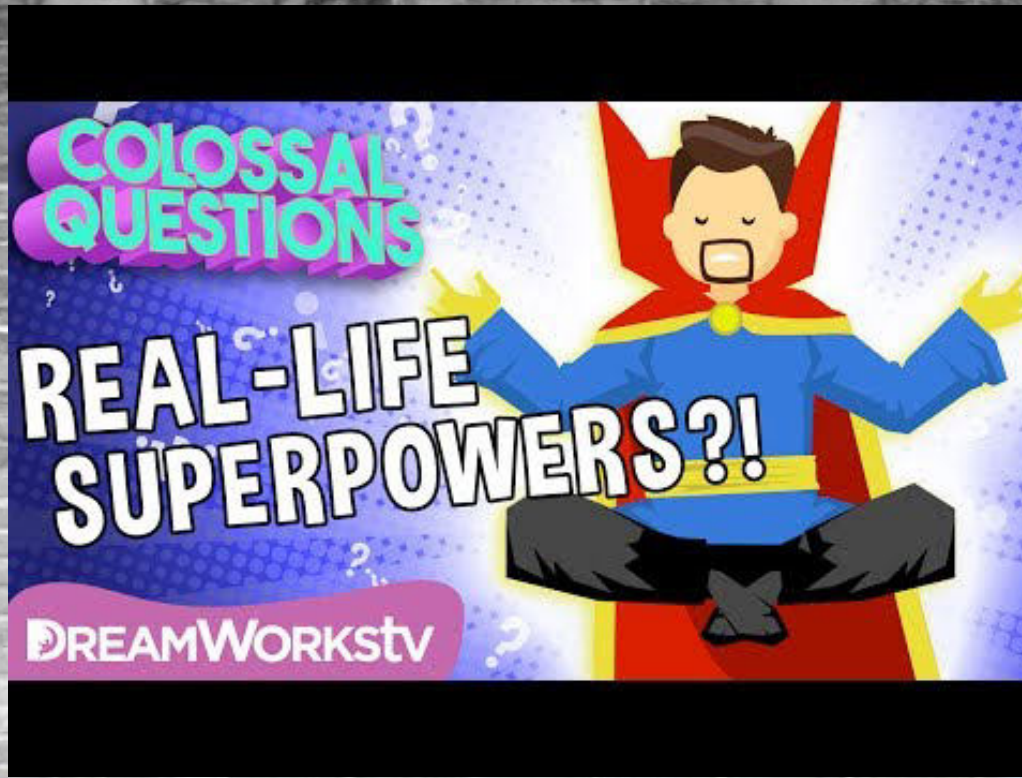
Be Positive!





Healthy Living Tip:

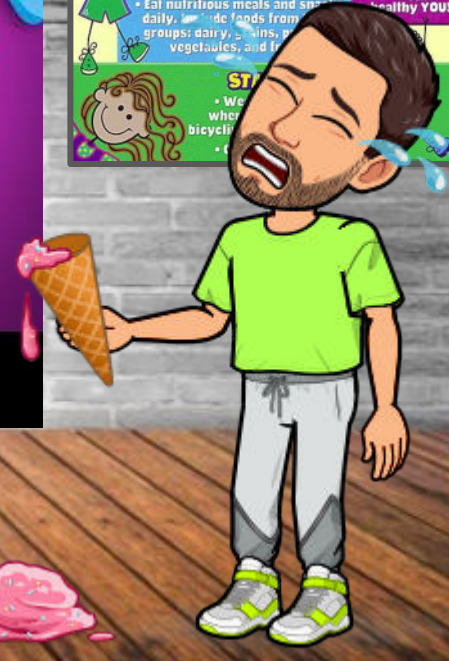
Dream Big





Healthy Living Tip:

Food Choices



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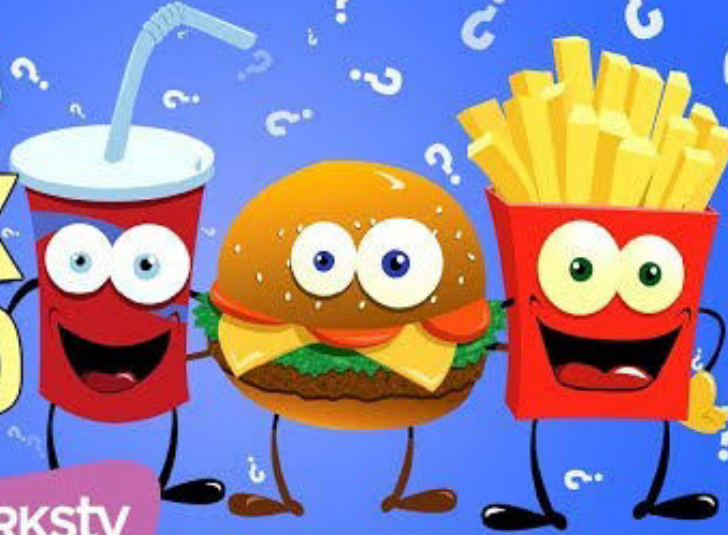


Fruit & Veggies

COLOSSAL QUESTIONS

JUNK FOOD

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Healthy Living Tip:

Limit Junk Food



Healthy Living Tip:

Play Outside!



BENEFITS OF WALKING

TRY TO WALK EVEN IF IT IS FOR 30 MINUTES. THIS WILL HELP:



Strengthen Bones & Muscles



Cut the Risk of Diabetes



Improve Mood



Cut out risk of some Cancers



Improve Heart Health

KNOW HEALTH

Sasta Sundari
health & happiness

COLOSSAL QUESTIONS

WHY IS A MILE
5,280 FEET?

peacock kids

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Healthy Living Tip:

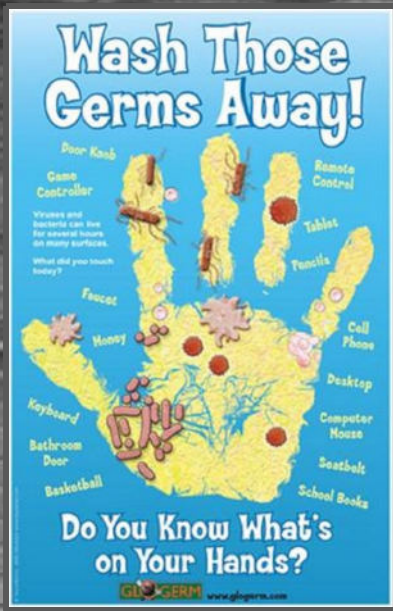
Walking Everyday



Healthy Living Tip:

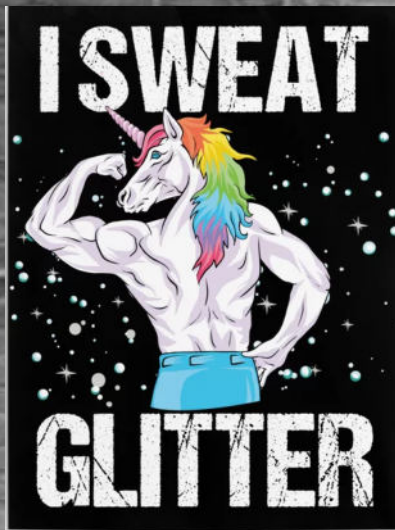
Be Kind





Healthy Living Tip:

Be Clean, Be Healthy



Healthy Living Tip:

Play Hard!



MAKE
IT
FUN

COLOSSAL
QUESTIONS

ARE
LEPRECHAUNS
REAL?

DREAMWORKStv



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Healthy Living Tip:

Have fun each day!



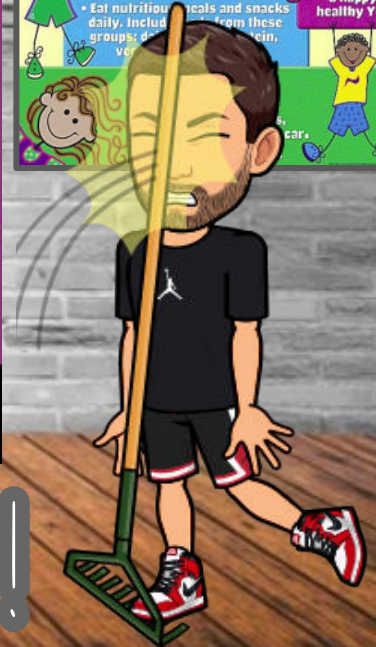
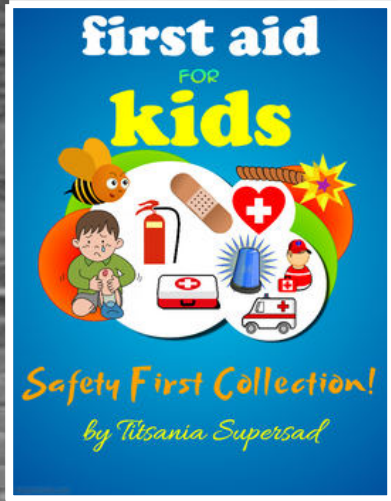
MAKE
IT
FUN



Healthy Living Tip:

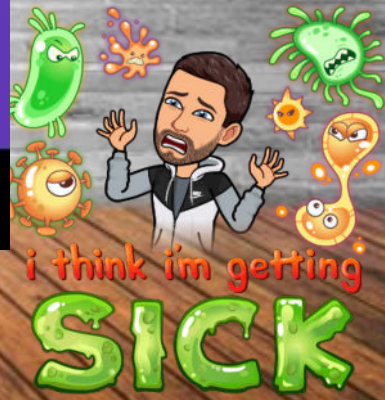
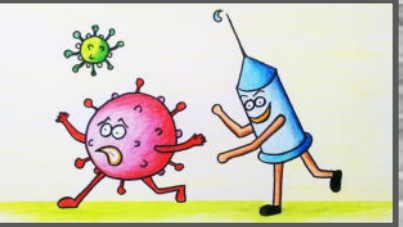
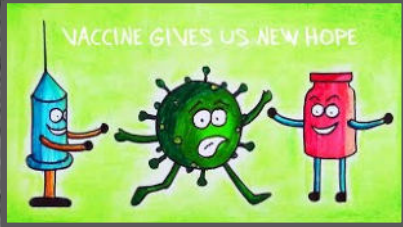
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Healthy Living Tip:

Take care of yourself!



Healthy Living Tip:

Take care of yourself, avoid germs!