

# CELEBRATE AND BE ACTIVE.



Making every day a better day

Spell sustainability.

...That's easy.

S, U, S...

Poor Beto, if he'd gone running with me he wouldn't be so nervous.

...I learned that one, but I don't remember... Ugggh, my belly.

Spell knowledge.

Ugggh, those potato chips have upset my stomach... knowledge: n, o, w...

That's not correct, Beto.

Beto, what happened? We studied together and you were the best... Is everything okay?

I think I know what is happening...

That 'extra' diet is wrecking Beto...

I can spell a lot of words with alphabet soup... I like alphabet soup.

A balanced diet is rich in vitamins, minerals, lean protein and fats, and whole grains...

The Dynamic Trio is going for the gold!

Your body is your engine. Keep yourself in shape with the Dynamic Trio...

...exercise...

...a balanced diet...

...and a good night's sleep.

...n, e, s, s. Happiness.

Excellent Beto. You are ready!

ohhh!!!

If you add exercise, a balanced diet and plenty of sleep ... your brain will function at its best!

The Dynamic Trio is a great path to follow!

...e, n, t. Excellent

I want to thank my family and my friends for their support... thank you for the award.

MyPyramid.gov  
STEPS TO A HEALTHIER YOU

# CELEBRA Y MANTENTE ACTIVO.

