FIT-TASTIC!

Teach Kids **Healthy** Habits for a **Healthy** Future

1 HOUR OR MORE OF **PHYSICAL ACTIVITY**

2 HOURS MAXIMUM OF **SCREEN TIME**

3 SERVINGS OF LOW OR NONFAT **MILK OR YOGURT**

4 SERVINGS OF **WATER** NOT SUGARY DRINKS

5 SERVINGS OR MORE OF **FRUITS & VEGETABLES**

Healthy lifestyles start at an early age.
Learn how to make the right decisions at
www.12345Fit-Tastic.org

Missouri Department of Health and Senior Services/WIC
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