

Top 10 Ways to Keep Your Body Healthy!

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10. Get at least 10 hours of sleep a night. When you are well rested you do better in school and feel better!
9. Drink skim or 2% milk. Only children less than 3 years of age need the fat of whole milk.
8. Carry a flashlight or wear reflectors when walking, running or biking at sunset or night.
7. Play outside instead of playing video games or watching T.V.
6. Never dive into a pool unless it is 9 feet or deeper. Never dive into an above ground pool.
5. Always wear a SNELL, ANSI, and/or ASTM certified bicycle helmet and/or protective gear when riding a bicycle, skateboard or inline skating.
4. Always wear a safety belt when riding or driving in a motor vehicle.
3. Never smoke cigarettes! Enough said.
2. Eat fruits or vegetables for snacks. They will fill you up and are way healthier than chips or other empty snacks!
1. And the number 1 way to keep your body healthy: **Exercise your body every day!** And participate in the **Miracle Kids Triathlon!**

GOOD LUCK!