

GOAL
60
Minutes of Activity
Each Day!

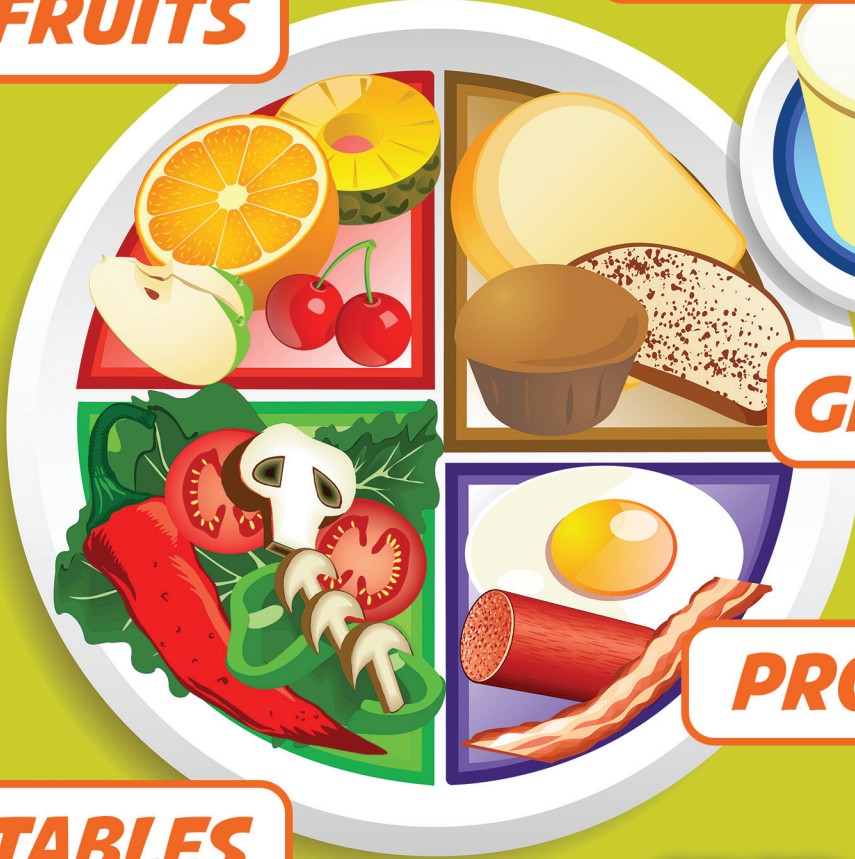
GET UP! GET MOVING! HAVE FUN!



FUEL UP WITH MYPLATE!

FRUITS

DAIRY



GRAINS

PROTEIN

VEGETABLES



the
Chickasaw
Nation

BE ACTIVE YOUR WAY!

AND MOVE YOUR BODY FOR 60 MINUTES EVERY DAY

GOAL

60

Minutes of Activity
Each Day!

WHAT CAN YOU DO TODAY TO ACTIVATE YOUR DAY?

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Jump Rope | <input type="checkbox"/> Inline Skating |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Kickball |
| <input type="checkbox"/> T-Ball | <input type="checkbox"/> Tag |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Hide and Seek |
| <input type="checkbox"/> Bike Riding | <input type="checkbox"/> Sledding |
| <input type="checkbox"/> Nature Hike | <input type="checkbox"/> Backyard Adventures |
| <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Stickball |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Frisbee | <input type="checkbox"/> Walk |
| <input type="checkbox"/> Fly a Kite | <input type="checkbox"/> Play at the Playground |
| <input type="checkbox"/> Skateboard | <input type="checkbox"/> Basketball |

DRAW A PICTURE OR WRITE ABOUT YOUR FAVORITE WAY TO BE ACTIVE.

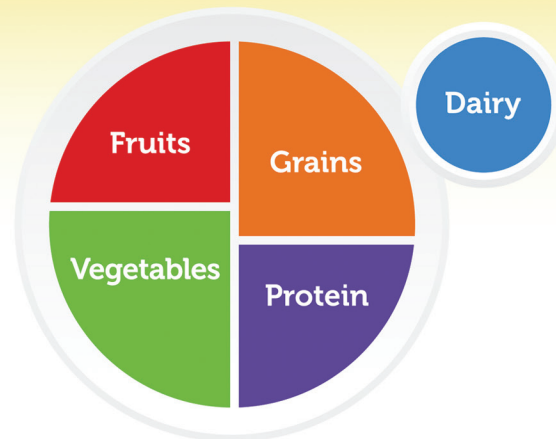
SPEND LESS TIME...



MAKE HEALTHY MYPLATE FOOD CHOICES!

When it comes to food, some choices are better than others. The food groups found on MyPlate have choices that make your body healthy and strong.

Vegetables, fruits, grains, dairy and protein are foods you should eat most of the time. What foods should you eat less often or once in a while?



MORE

LESS

_____	_____
_____	_____
_____	_____



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