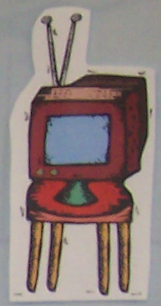
You CAN walk away from that TV!

Keep your mind and body healthy. Don't sit in front of the television for long periods watching shows or playing games! Try some of these ideas!



Tie a ribbon or rope or piece of string on the end of a stick and DANCE with the wind – or to your favorite music!

You could even move to your music with a friend. Make up your own dance!

Take a hike – to your back yard, or a neighbor's... and take a healthy snack and some water!

Jump rope, or run around your house three times! YOU decide what to do to keep YOUR body active and healthy.

Draw a picture – create a new super hero! Then write about your picture.

Read a book or a magazine. Write a letter to a friend or family!

After school, kick a ball, or a can, or an empty milk jug. You can do it by yourself or with a friend!

SNAP
State Nutrition Action Plans