Every day:

**Eat 5 or more servings of fruits and vegetables.**
Try a new fruit or veggie each week.
How about veggie toppings on pizza?

**Spend less than 2 hours on the computer or watching TV.**
Go outside and play instead.
Or dance to music inside.

**Be active for at least 1 hour.**
Playing games like tag and hide-and-seek help keep you healthy.
Sports like basketball, soccer, and swimming can, too.
Running, ballet, and riding bikes are great ways to be fit.

**Skip sugary drinks.**
Most soda, juice drinks, and sports drinks are sugary drinks.
Water and milk are better for your body.