

★ Stay Healthy All Year Long ★

Fuel Your Body

Choose nourishing foods
Drink water throughout the day



Move Every Day

Stay active in ways you enjoy
Movement supports strength and focus



Rest and Recharge

Get enough sleep each night
Rest helps your body and mind grow



Practice Healthy Habits

Wash hands often
Cover coughs and sneezes



Care for Your Well Being

Notice the good around you
Talk about your feelings
Take mindful breaks



Be Prepared for Every Season

- Dress for the weather
- Spend time outdoors
- Keep up with regular checkups

