



Healthy Eating and Active Living

Moving our bodies and eating good food to feel our best

Why Do We Move Our Bodies?

- Moving our bodies helps us grow strong and stay well.
- We can try many kinds of activities: dancing, gymnastics, games, and more.
- Trying new activities builds our skills and makes us feel proud.
- Some activities we do alone, some we do with friends.

Our Body Gets Stronger

Muscle Strength

How much push or pull our muscles can make.

Flexibility

How easily we can stretch and bend.

Heart and Lungs

How well our heart and lungs send oxygen to our muscles.

Muscle Endurance

How long our muscles can keep working.

Food Gives Us Power

The food we eat helps our brain think and our body move. Eating a mix of foods gives us the nutrients we need.

- Good food helps us learn and pay attention.
- Good food helps us feel our best and stay healthy.
- Different foods come from different cultures and traditions.
- Eating many kinds of foods keeps our body balanced.

What Helps Us Stay Motivated?

1

Feel Enjoyment

We like to move when it feels fun.

2

Feel Safe

We try harder when we feel safe and supported.

3

Set a Goal

Small goals help us keep going.

4

Get Support

Family, friends, and teachers cheer us on.

5

Feel Proud

Finishing something makes us want to try more.

Let's Keep Moving and Eating Well

Our bodies need movement and good food every day. Trying new activities and foods helps us grow strong, learn well, and feel happy.

What is one new activity or one new healthy food you want to try this week?