

# HEALTHY LIFESTYLE



# ACTIVITY BOOK



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?  
Dancing is a good way to **be active**. How do you stay active?



# Fruits and Veggies Word Search

Fruits and veggies are **healthy foods**. We should eat them every day.

U L O N F U Z H U T G R A P E S I P  
V U S K D W A I U K P I G P O I P F  
O P W C A R R O T S X M Y P C Y I B  
C W A H I V E X Y M E V J Z Q Y N A  
P E A C H E S F P E P P E R S A E N  
I J C U C U M B E R S V H Y V P A A  
B R O C C O L I B C M A C L M P P N  
E P B O A W A T E R M E L O N L P A  
O E U F A X J M W C J K B A B E L S  
T Y B S V M M K H J U O J W D S E O  
D C T T X E Z U G X T Y W Q J B E A  
M R Z S U Q F O D U C E L E R Y A J

APPLES  
BANANAS  
BROCCOLI

CARROTS  
CELERY  
CUCUMBERS

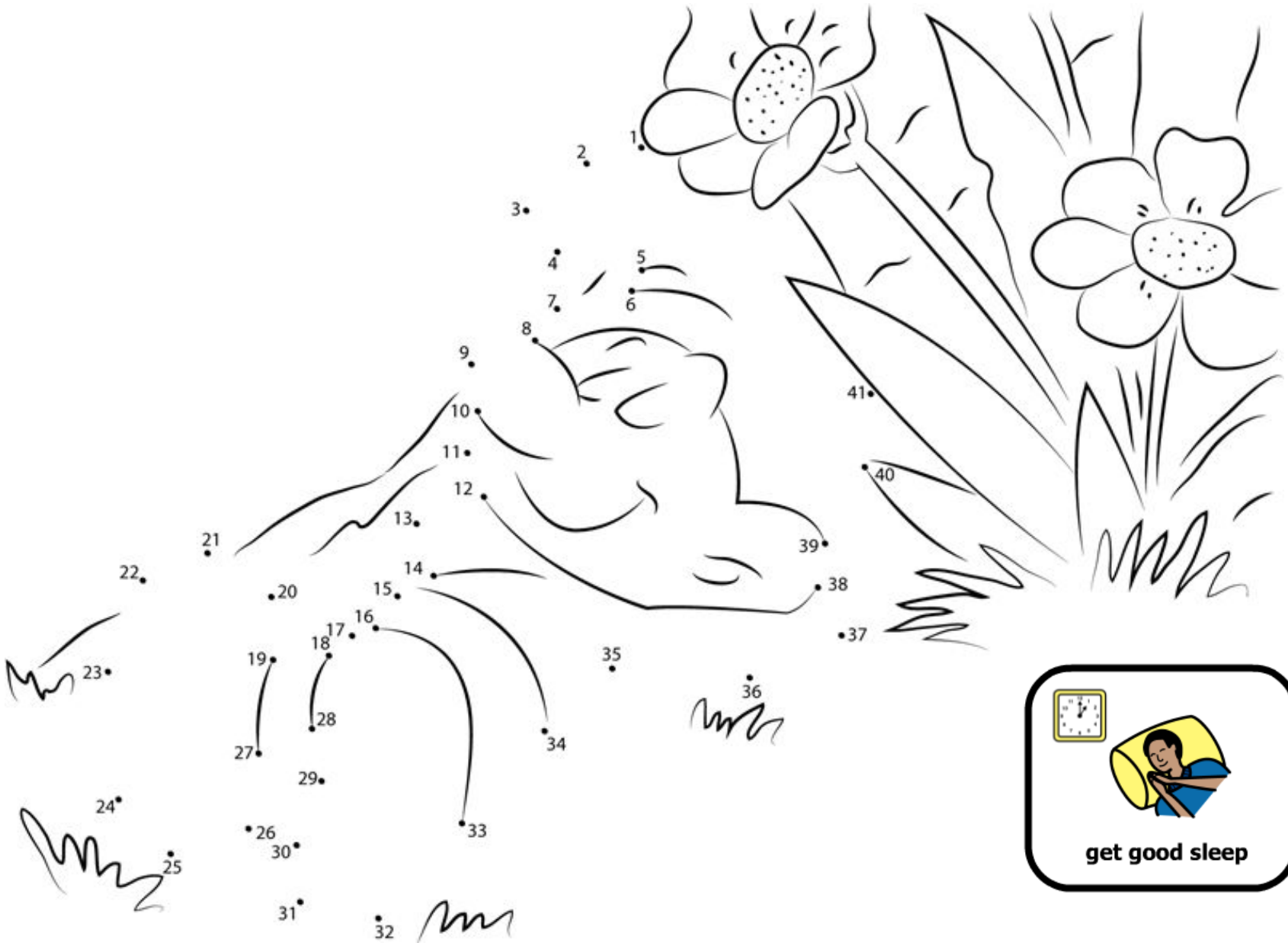
GRAPES  
PEACHES  
PEPPERS

PINEAPPLE  
SALAD  
WATERMELON



# Connect the Dots

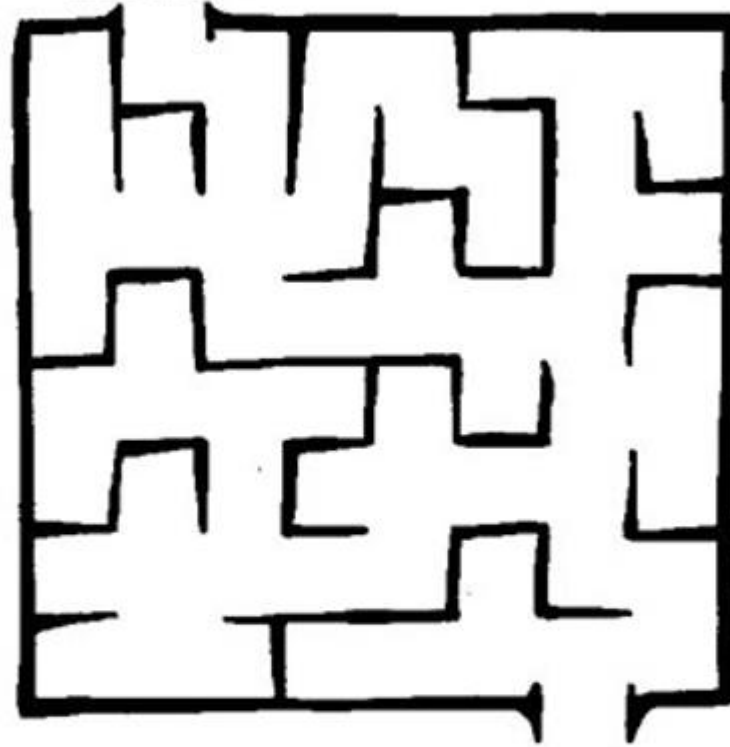
One way to stay healthy is to **get good sleep**. We should sleep 7-9 hours each night.





Leave the pop behind  
and make your way to  
healthier drink choices!

**Start**



★ WATER ★

# Which food is healthier?



**EGGS WITH  
TOMATOES**

OR



**POP TART**



**CARROTS WITH  
HUMMUS**

OR



**FRENCH  
FRIES**



**SALAD WITH  
GRILLED CHICKEN**

OR

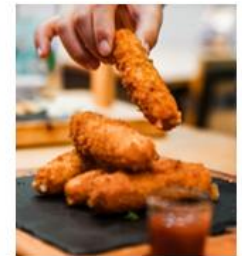


**MEAT SUPREME  
PIZZA**



**TURKEY  
SANDWICH**

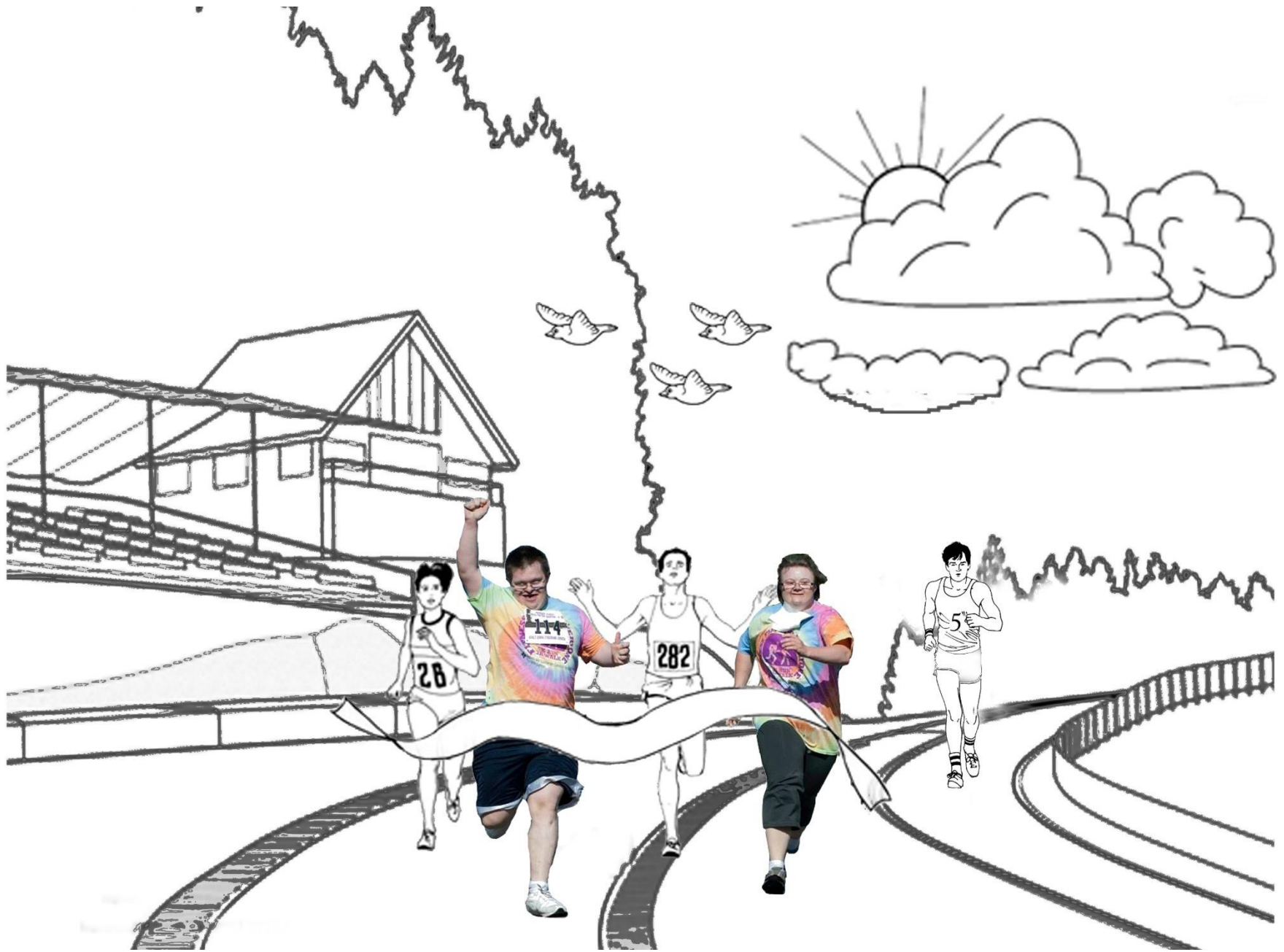
OR



**MOZZARELLA  
STICKS**



How can you make your meals and snacks healthier?  
Try to make one healthy change every day!



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?  
Running is a good way to **be active**. How do you stay active?







# DRINK WATER

*HYDRATE TO BE GREAT!*

How much water should we drink each day?

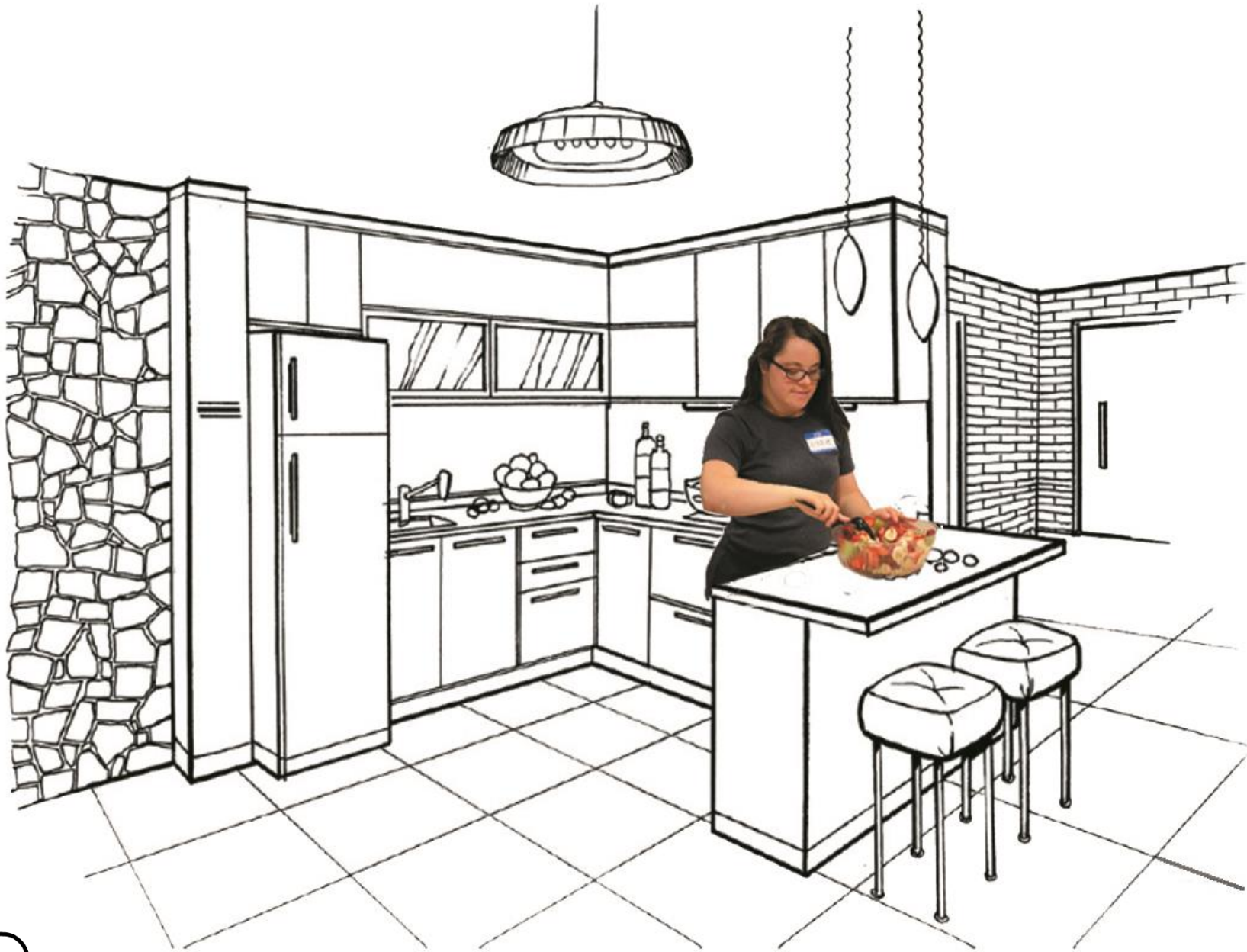
*Circle the correct answer.*

- A. 
- B. 
- C. 
- D. 



The answer is **C**. We should drink at least 64 oz. of water each day. That equals 8 small bottles of water (8 oz.) or 4 standard-size bottles of water (16 oz.).





Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?  
We can cook meals and snacks with **healthy foods**. What is a healthy food you like?



# GET GOOD SLEEP

Having a bedtime routine can help us **get good sleep**.

What do you do before you go to bed?

The pictures below show healthy activities you can do before you go to bed.

Circle the activities that you do.



brush teeth



wash face



go to  
bathroom



write in  
journal



pray



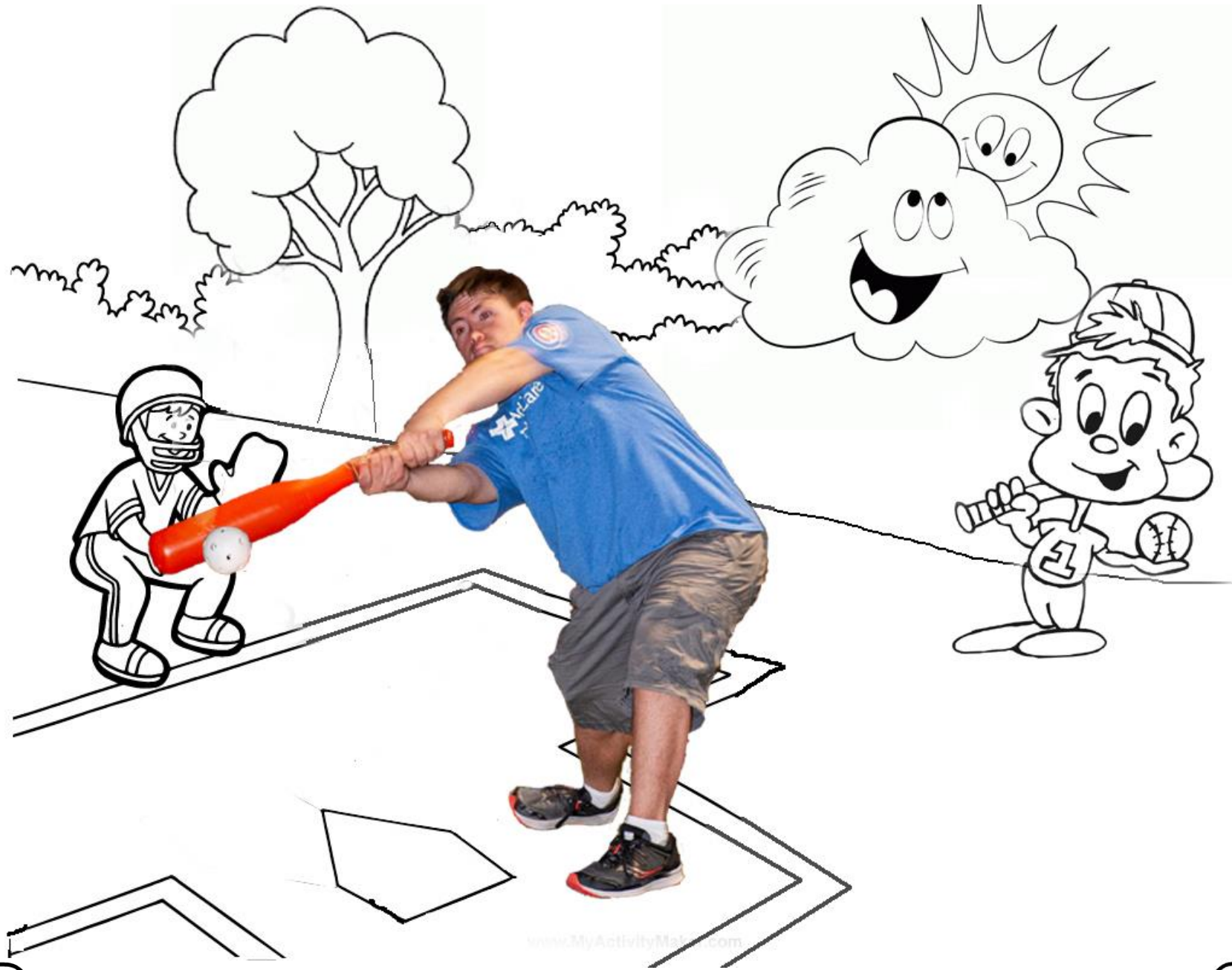
read



take deep  
breaths



stretch

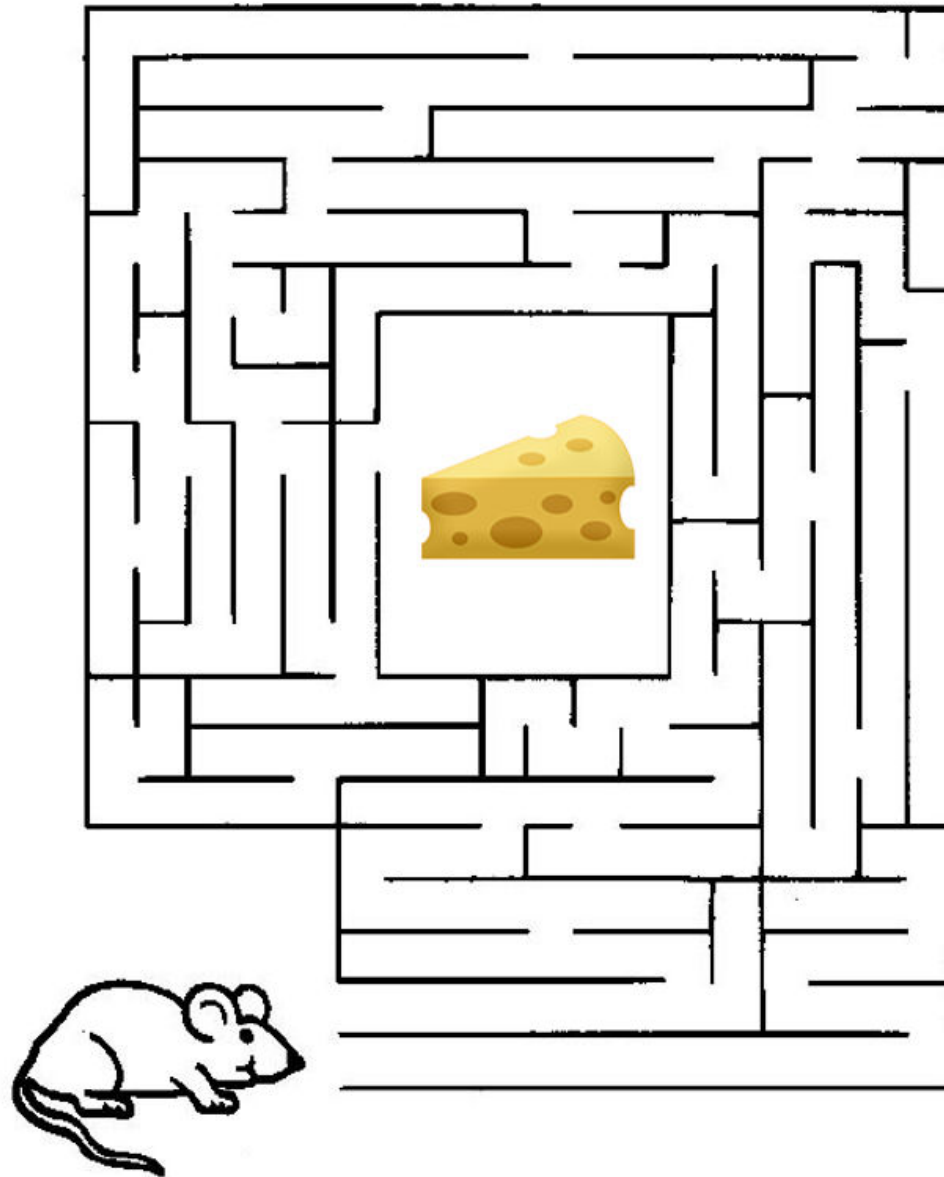


www.MyActivityMak.com



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?  
Playing sports is a good way to **be active**. How do you stay active?





## Help the mouse find the cheese!

Cheese is a healthy snack. Did you know that cheese is in both the dairy *and* protein food groups?

Can you think of other foods that belong in multiple food groups?



# Physical Activity Word Search

There are many ways to **be active**. Find some ideas in the word search below.

R U N N I N G V Y G H W Z N I F H S  
M S P E C I A L O L Y M P I C S R H  
B C F W X N L U V A E G O J L K A O  
C P Q A X E L L I P T I C A L S K V  
V T U V Z S P O R T S Y O G A L E E  
E X E R C I S E V I D E O S G V L L  
R A I Y D C Q J H S M D C E O K E S  
T E F X R Y F V U P Q Q A V R V A N  
Q K C L I M B S T A I R S N O L V O  
F Y C N I G M S F W T P G Y C I E W  
H L I F T W E I G H T S V P P E S O  
K F H W A L K T H E D O G U U E E S

CLIMB STAIRS  
DANCE  
ELLIPTICAL

EXERCISE VIDEOS  
LIFT WEIGHTS  
RAKE LEAVES

RUNNING  
SHOVEL SNOW  
SPECIAL OLYMPICS

SPORTS  
WALK THE DOG  
YOGA



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Thank you to Dan Frank for developing the coloring pages.