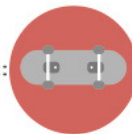


HEALTHY HABITS

Learning to strengthen my body through exercise, nutrition, and self-advocacy



ESTABLISH basic nutrition

So they will . . .
HAVE CONSISTENT HEALTHCARE & EXPERIENCE A VARIETY OF FOOD

DEVELOP positive routines

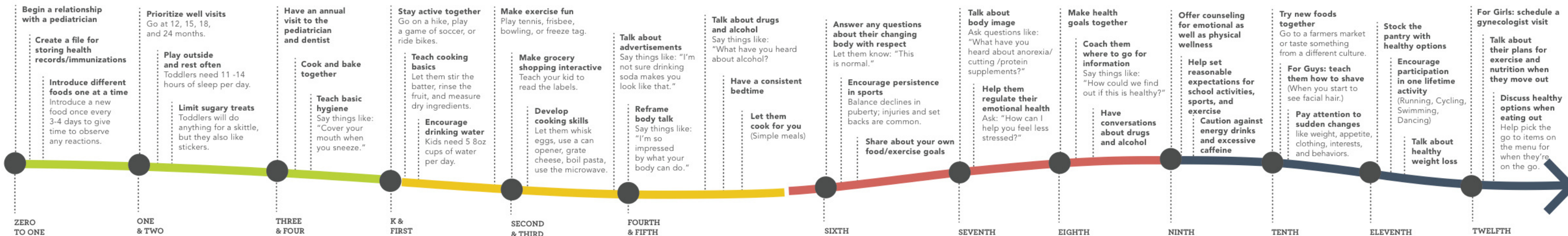
So they will . . .
ENJOY EATING WELL & EXERCISING OFTEN

REINFORCE healthy choices

So they will . . .
VALUE THEIR CHANGING BODY & MAINTAIN GOOD HYGIENE

ENCOURAGE a healthy lifestyle

So they will . . .
SHARPEN THEIR PERSONAL AWARENESS & BALANCE DIET AND EXERCISE



EMBRACE their physical needs

ENGAGE their interests

AFFIRM their personal journey

MOBILIZE their potential