

HAVE FUN!

Find something you like
that keeps you active
and do it with your
friends and family.

HEALTHY B.A.S.I.C.S.

(Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

For additional information, contact:



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The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

www.ChildrensHealthFund.org



HEALTHY B.A.S.I.C.S. BE ACTIVE FOR GOOD HEALTH



Have Fun Moving Your Body!

Being active can be fun! Find something you like to do with your friends and family and... **HAVE FUN!**



DANCE
WALK
SKATE
JOIN A TEAM
HIKE
PLAY
KICK A BALL
RUN
SWIM



Remember...

you need to be active
for one hour each day.
It doesn't have to
be all at once.



HOW CAN I BE ACTIVE?

Being active is moving around or exercising!! It is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy!



Being active makes your heart strong and healthy!



Being active keeps you from gaining too much weight.



Why be Active?

Being active makes your bones and muscles strong!



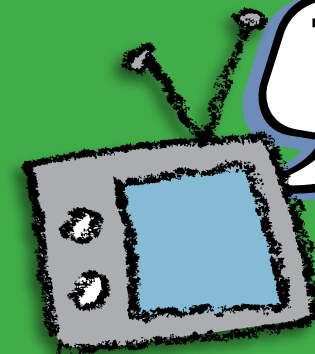
Being active cheers you up and helps you feel good about yourself.



Get up!

Get Moving!

Turn off the TV!



Put down the video games!

