Have Fun Moving Your Body!

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

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

*BE ACTIVE FOR GOOD HEALTH*

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**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:

**Children’s Health Fund**

Healthy B.A.S.I.C.S.

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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 caregivers. 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.

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**Remember...**

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

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

**HAVE FUN!**

- **BE ACTIVE FOR GOOD HEALTH**

**HAVE FUN!**

Find something you like that keeps you active and do it with your friends and family.
Put down the video games!

Turn off the TV!

Get up!

Get Moving!

Why be Active?

Being active makes your heart strong and healthy!

Being active keeps you from gaining too much weight.

Being active makes your heart strong and healthy!

Being active keeps you from gaining too much weight.

Being active makes your bones and muscles strong!

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

Being active makes your heart strong and healthy!

Being active keeps you from gaining too much weight.