HEALTHY HEROES

OUR MISSION IS TO INSPIRE AND EMPOWER YOU WITH THE KNOWLEDGE TO MAKE HEALTHY CHOICES. WE WANT TO NOURISH THE POTENTIAL OF YOUR YOUTH IN A FUN AND CREATIVE ATMOSPHERE. TAKE THIS PLEDGE AND BE PART OF OUR TEAM!

HEALTHY HERO PLEDGE

I, _____ promise to fuel my body with wholesome food and drink, stay active and strive to inspire others by leading a healthy lifestyle.

First and Last Name

X _____ _____

Sign Here Date

HEALTHY HEROES

BETTER CHOICES = THE BEST YOU!

2 FUN ACTIVITIES INSIDE!

Fuel your performance by picking smart snacks and drinks!

Our bodies rely on the good stuff we get from food and drinks to feel and perform at our peak. When we don't give our bodies the right stuff, it can lead to low energy, less strength, and even feeling stressed and worn out. But by making healthier choices, you can excel in the activities you love!

Eating well is your secret to feeling great and rocking what you're passionate about. So, what's your passion?

WHAT YOU LOVE TO DO	THE FOODS & DRINKS THAT FUEL YOUR PASSION

FIND THE KEYS TO THE BEST YOU!

Fill in the blanks and match all 5 key letters.

When I need quick and easy energy, I should look for fresh

When I feel tired and start to lose focus, I should grab some water to stay

I should eat protein and calcium-rich foods to help my body recover and

I should eat fruits before an activity to help fuel me to feel and do my best because they are an easy source of

When doing a high-intensity activity lasting over an hour, I should look for a sports drink with

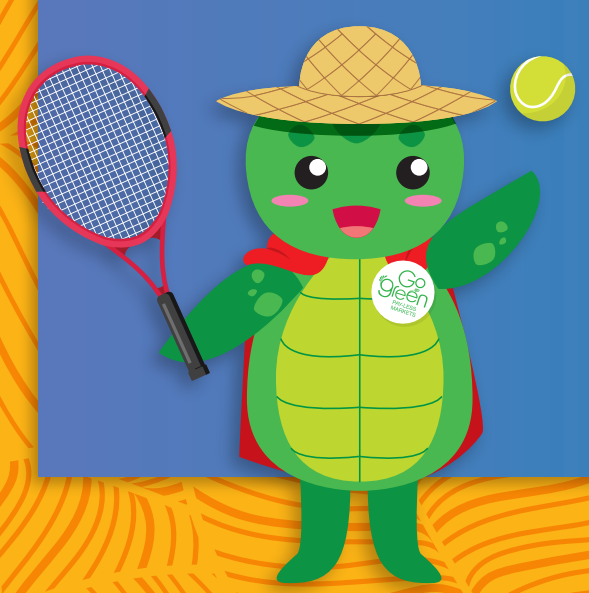
The key to my success are smart snack & drink

CONGRATS YOU HAVE UNLOCKED THE BEST YOU!

ANSWERS: 1. FRUITS 2. HYDRATED 3. HEAL 2. CARBOHYDRATES 4. ELECTROLYTES 5. HABITS

Make smart snack and drink choices to keep your energy up and perform at your best, from start to finish!

Quick and easy energy can come from fruits. Like grains, fruits contain carbohydrates that give you the fuel you need to feel and perform your best.

Staying hydrated is crucial. When your body loses too much water, it can make you feel tired and lose focus. For most situations, water is the best choice, but when you have a high-intensity activity lasting over an hour and causing you to sweat a lot, a sports drink with electrolytes might be a better option.

Protein and calcium-rich foods are essential for your body's recovery and healing. Consuming protein after an activity can speed up your recovery, allowing you to get back to your best performance.