



Fit Wizard



Fruits and vegetables... more is better! Eat at least 5 servings a day. Limit 100% fruit juice.



Cut screen time to 2 hours or less a day.



Participate in at least one hour of physical activity every day.



Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of skim or 1% milk.



www.fitwizard.org



FOUNDATION FOR HEALTHY COMMUNITIES

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