

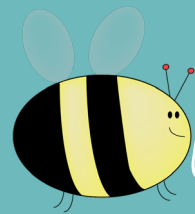
WannaBee Healthy?

Be a Leader: Tell others how to be healthy, too!

Being healthy means filling 1/2 of your plate with fruits and vegetables and being active as much as you can. You can **Be a Leader** by sharing with others how they can be healthy, too! Use these fun ideas to motivate your friends and family to be healthy with you:

- Go on a bike ride with your friends
- Wash the car together
- Play a game of tag
- Play follow the leader
- Jump rope
- Toss a frisbee in your backyard
- Take a family walk
- Drink water
- Plant a garden
- Create an obstacle course
- Play basketball
- Go bowling
- Take healthy snacks to school

WannaBee Healthy? Visit:
partnershipsforhealthychildren.com.



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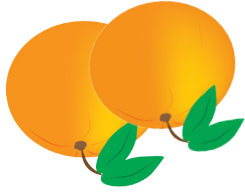
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You can be a Leader by making sure your family drinks plenty of water. Try this recipe:

Have a cup of flavored water!



Ingredients:

2 large oranges, sliced thinly
1 gallon of water

Directions:

1. Pour ½ gallon of water into a pitcher.
2. Slice oranges in circles (width wise), very thin.
3. Place orange slices in the water.
4. Stir water.
5. Place water in the refrigerator overnight to chill.
6. Pour into a glass and enjoy!

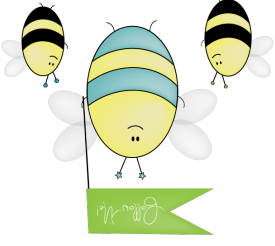
Try other combinations, too!

• **Citrus Water**
1 lemon, sliced; 1 lime, sliced; 1 orange, sliced

• **Watermelon Water**
2 cups of seedless watermelon in chunks

• **Melon Water**
1/4 honeydew, in chunks and 1/4 cantaloupe, in chunks

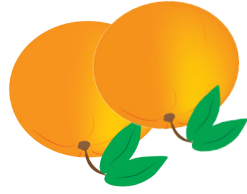
• **Berry Water**
1/2 cup of mixed berries (strawberries, blueberries, blackberries and raspberries)



Reference:
Eat Right! (2012). Retrieved from: <http://www.eatright.org/Media/content.aspx?id=6442469620&terms=safety%20enjoy#.U9FKM4BDXEL>

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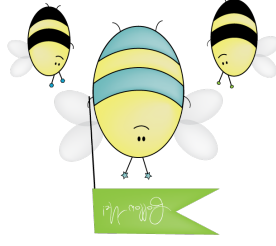
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