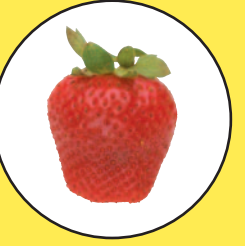
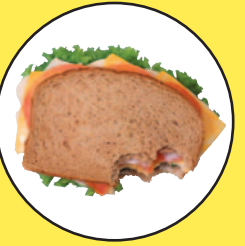




LET'S GO!





LET'S GO!

24/7 LET'S GO! HEALTHY LIFESTYLE PROGRAM
IS BROUGHT TO YOU BY:



**NYSUT
Health Care
Professionals**



1.800.ACS.2345
www.cancer.org

Hey! Every time you do something good for yourself, put a sticker in a square. There are Action stickers for doing something physical, like running, playing sports or just moving around, and there are Happy Food stickers for eating something that builds energy, like apples or celery sticks or a good breakfast. On the line under each sticker, write in what you did (you'll have to write kind of small — sorry).

Your mission: seven good things, seven times a day, seven days a week.
Fill up a week, tear off a page, and you'll be stronger, faster and smarter in no time.
Here are a few ideas to get you started:

24 for 24/7



Walk the dog (or walk the cat)
Cut funny shapes out of an apple, then eat them
Have a neighborhood Olympics
Wash the car
Do jumping jacks during TV commercials
Drink a glass of juice instead of a bottle of soda
Play basketball in your driveway instead of on a video game
Have a jump rope competition in your basement
Count the number of steps it takes to walk around your block
Eat a banana, but don't slip on the peel
Watch one less TV show today
Cut up celery and have a loudest crunch contest
Instead of soda and chips, how about carrots and water?
Create a dinner menu that's healthy and tastes good (your family can help)
Rake leaves into a big pile, jump in, then rake again
Eat at the drive-through one less time this week
Play any kind of sport that involves a ball - you can even go bowling!
Eight glasses of water = one Power Food sticker
Hop up and down on one foot for as long as you can
Hoola Hoops are cool again; have a hoola contest
Push your younger brother on a swing (but don't send him to the moon)
Bike, skateboard or rollerblade (hey, you need a helmet!!)
Take a hike, but take a grown-up with you
Got milk? Well, drink it!

