

Station 1

Eat Mainly Go Foods for
Great Energy & Health



Run Lines



Station 2

Do Calming Activities Before Sleeping

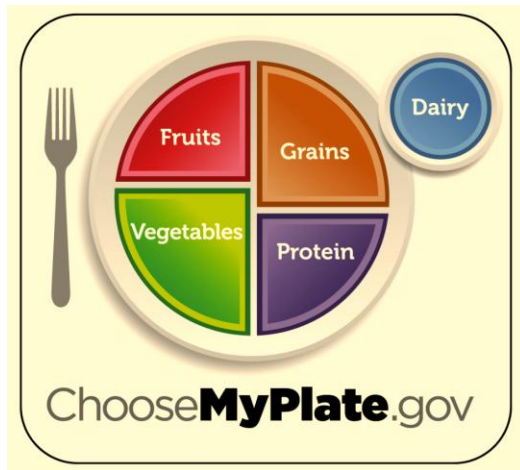


Your Favorite Yoga Pose



Station 3

Use MyPlate to Create Healthy Meals & Bodies



Plank or Push Ups



Station 4

Exercise for at Least 60 Minutes Every Day



Mountain Climbers



Station 5

Read nutrition labels & ingredient lists to find healthy options

Barney Butter - Smooth

Nutrition Facts

Serv. Size: 2 Tbsp. (32g)
Servings: About 14
Calories 180
Fat Cal. 140

Vitamin A 0%
Vitamin C 0%
Calcium 8%
Iron 8%
Vitamin E 25%
Magnesium 20%

Amount Per Serving	% DV*
Total Fat 15g	24%
Sat. Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carb. 8g	3%
Fiber 3g	14%
Sugars 3g	
Protein 6g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Almonds, Evaporated Cane Juice, Palm Fruit Oil, Sea Salt.

**Any exercise
that gets your
heart pumping!**



Station 6

Drink Water to Stay Hydrated



Water Break

