

# 5

## Ways to Build Healthy Habits that Last a Lifetime



### ONE

Wake up to  
the benefits of  
breakfast

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### TWO

Enjoy eating  
together at  
family meals

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### THREE

Base your plate on  
nutrient-rich foods

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### FOUR

Move for 60  
minutes daily –  
fun stuff counts

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### FIVE

Pour one more for  
better bones and  
blood pressure



WESTERN DAIRY<sup>®</sup>  
ASSOCIATION

[www.WesternDairyAssociation.org](http://www.WesternDairyAssociation.org)

# 5

## Things YOU Can do to Build Healthier Kids



**ONE**

Volunteer at

**KIDS eat right.**

[kidseatright.org/volunteer](http://kidseatright.org/volunteer)

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**TWO**

Complete ADA's  
Prevention Strategies  
for Childhood Obesity  
at [eatright.org](http://eatright.org)

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**THREE**

Support Fuel Up to  
Play 60 in your school

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**FOUR**

You are the most  
important role model

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**FIVE**

Give a hand in making  
health a reality

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