

Name Tag Groups & The Habits They Represent

- 1) **Get off your butt!—COUCH POTATO**
Spend at least 1 hour a day being physically active.
- 2) **Don't get sucked into TV and video games—
TV WITH A PICTURE OF A PLUCKED CHICKEN**
Spend less than 2 hours a day watching TV and playing video games.
- 3) **Do what your Mama told ya!—BANANAS**
Eat at least a total of 5 fruits and vegetables a day.
- 4) **Snack on healthy stuff—MIXED NUTS**
Snack more on healthy foods and less on junk food and sweets.
- 5) **Got milk?—1% LOW-FAT MILK**
Drink or eat at least 3 low-fat dairy foods a day.
- 6) **Drink water!—BOTTLE OF WATER**
Drink at least 2 glasses or bottles of water a day instead of soda.
- 7) **Cut back on the grease!—SANDWICH**
Eat less fast food (2 or fewer times per week) and make better fast food choices.
- 8) **Forget the "Super Size"!—
BIG/SMALL PLATE OF SPAGHETTI**
Eat smaller amounts—bigger is not better!