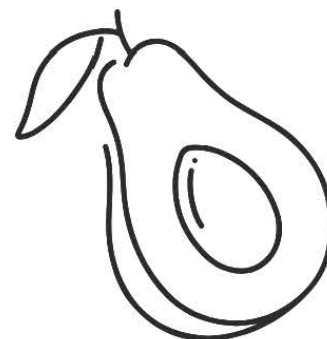
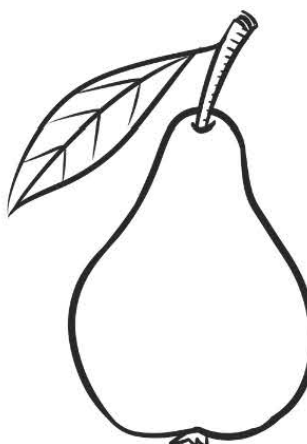
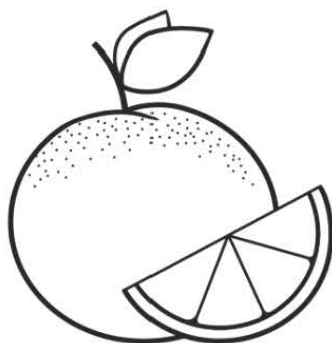
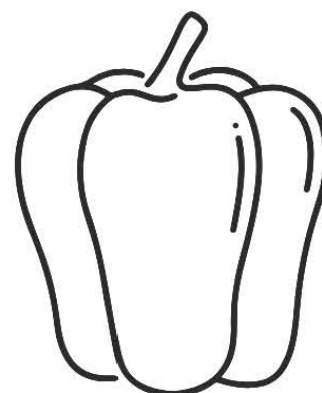
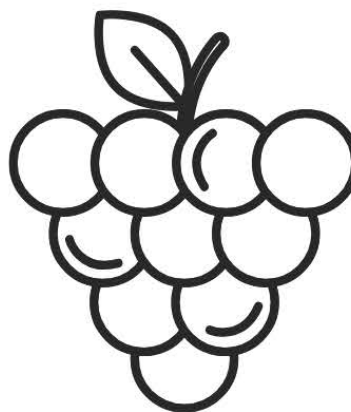
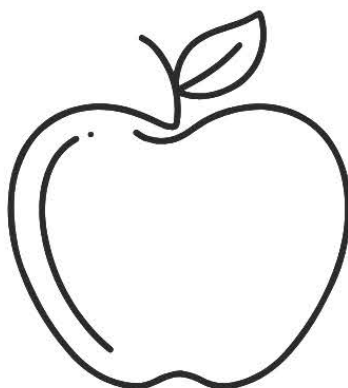
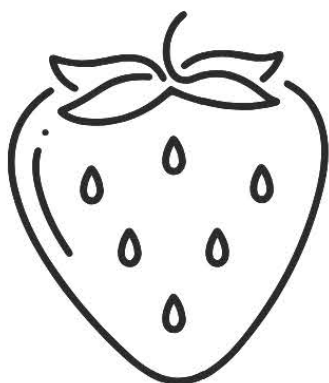
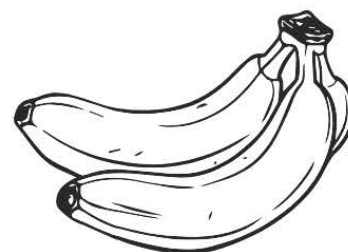
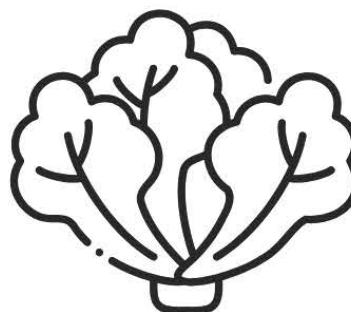
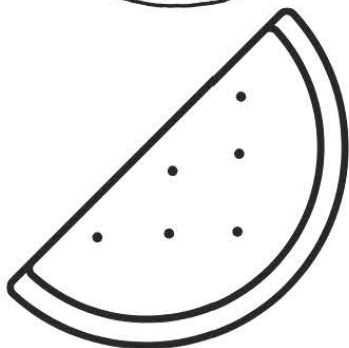
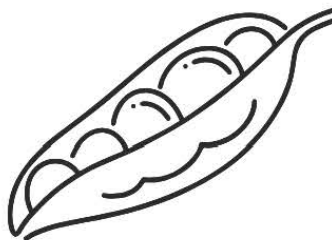
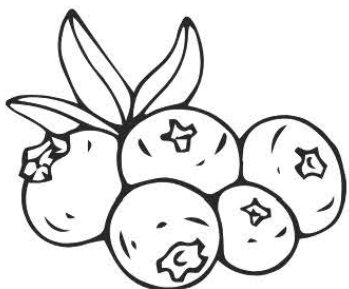
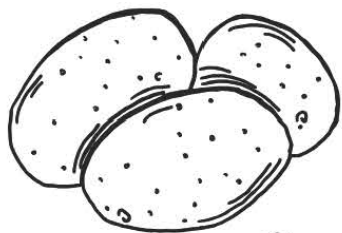
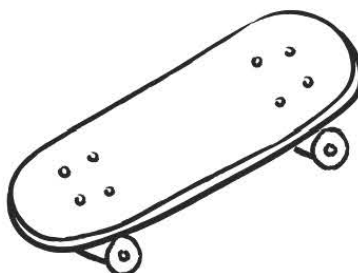
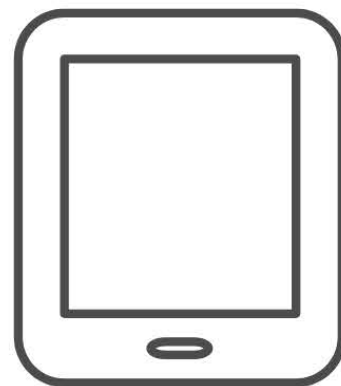


# 5

Come 5 o mas frutas y  
verduras al dia. Colorea tus  
favortios 5.



**2** Pasa 2 horas o menos frente a las pantallas.  
Marca todas las formas en que puedes  
participar en actividades sin pantallas.

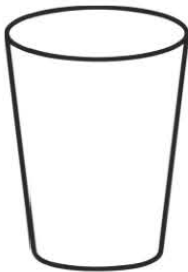
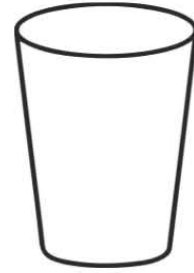
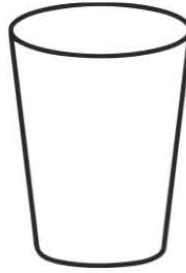
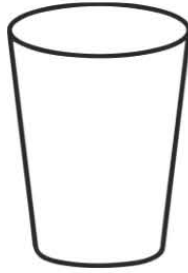
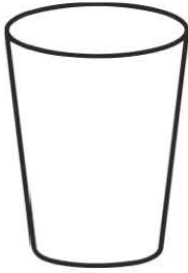


# 1

Hacer una hora o más de actividad física al día puede ayudar a mantener tu cuerpo saludable. ¿Cuáles son algunas de tus formas favoritas de mantenerte activo? Dibuja un dibujo abajo.

# O

Beber agua es una excelente manera de mantenerse hidratado y es una alternativa saludable a las bebidas azucaradas. ¿Cuántos vasos de agua bebes al día?



Puedes agregar frutas frescas a tu agua para hacerla sabrosa, ¿cuáles son tus favoritas?

