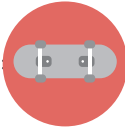


HEALTHY HABITS

Learning to strengthen my body through exercise, nutrition, and self-advocacy



ESTABLISH basic nutrition

→ So they will . . .
**HAVE CONSISTENT HEALTHCARE
& EXPERIENCE A VARIETY OF FOOD**

DEVELOP positive routines

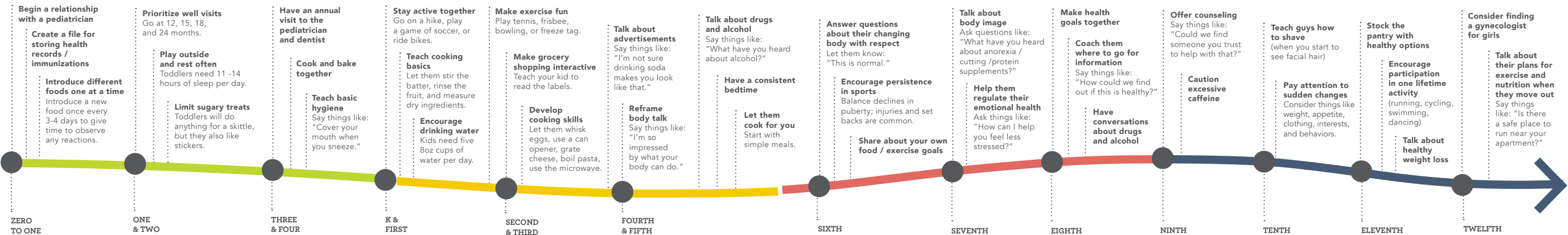
→ So they will . . .
**ENJOY EATING WELL
& EXERCISING OFTEN**

REINFORCE healthy choices

→ So they will . . .
**VALUE THEIR CHANGING BODY
& MAINTAIN GOOD HYGIENE**

ENCOURAGE a healthy lifestyle

→ So they will . . .
**SHARPEN THEIR PERSONAL AWARENESS
& BALANCE DIET AND EXERCISE**



EMBRACE their physical needs

ENGAGE their interests

AFFIRM their personal journey

MOBILIZE their potential