

Be a Healthy Hero!

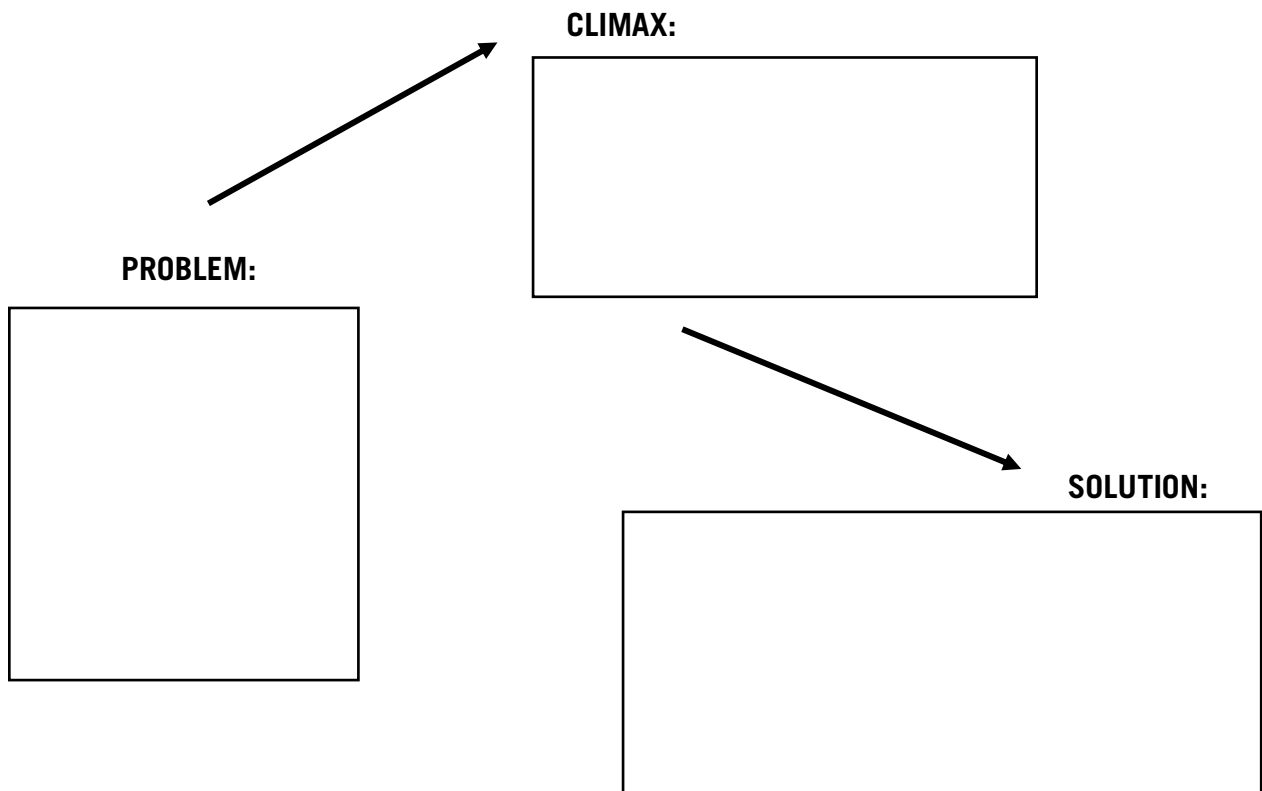
Imagine you are a superhero, what special power would you have? Super speed? The power to read minds? Invisibility? Super strength? Incredible flexibility? These are all qualities of those we see as extraordinary, but what if you didn't have any of these special powers? Could you still be considered a superhero? I say the answer is yes!

In order to be a Healthy Hero, you don't need to have supernatural powers – all you need is a healthy body and mind. Write a short story on the back of this page about a time when you had a problem and made the healthy choice.

Try to relate it to one of the 5-2-1-0 guidelines:

- 5 fruits and vegetables each day
- 2 hours of recreational screen-time
- 1 hour of physical activity daily
- 0 sugary beverages.

Use the image below to identify your problem, climax, and solution before writing your story!



Adapted from the Palo Alto Medical Foundation