

Show Me **STRONG BODIES**

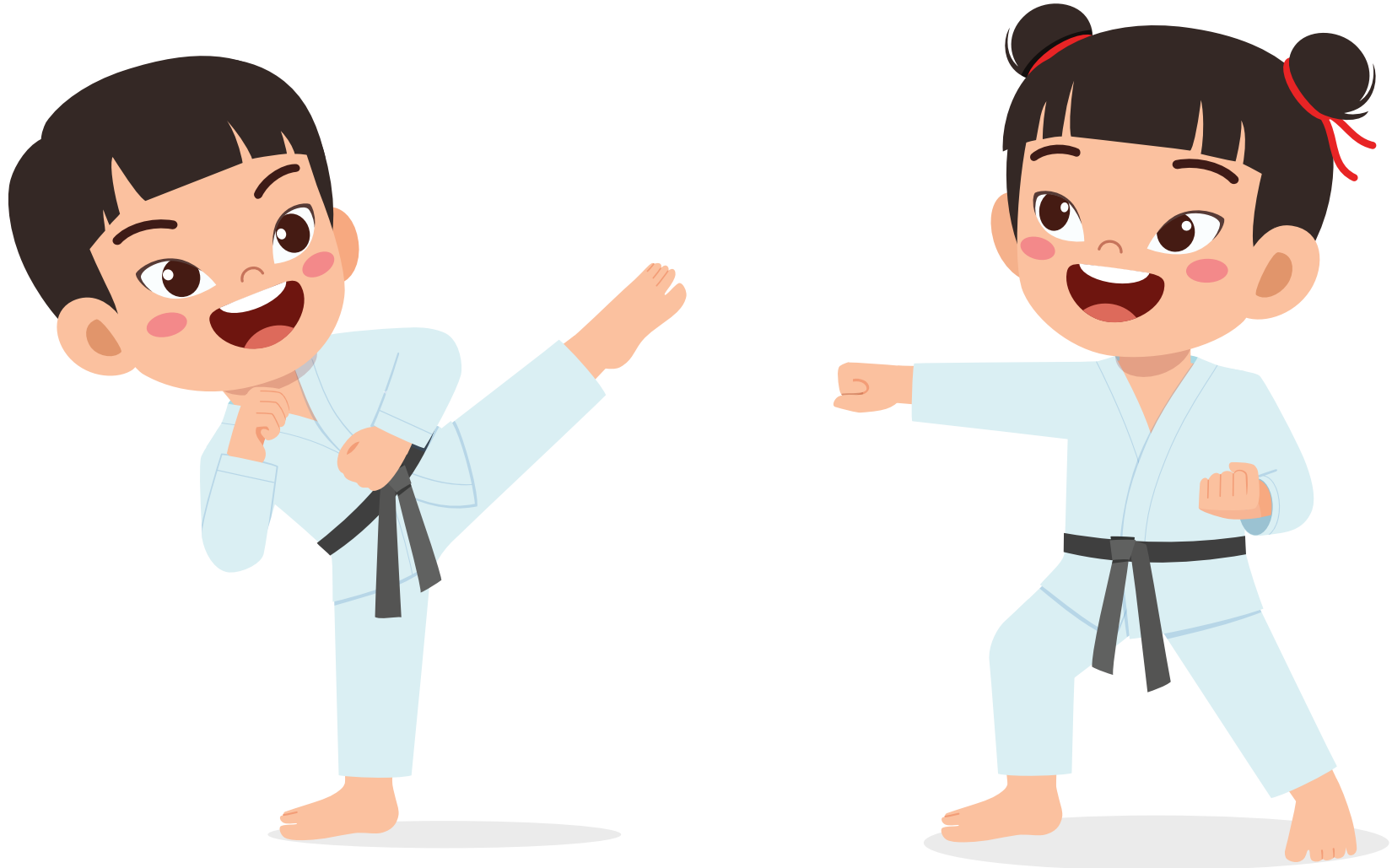


Hi! I'm Kate and this is my twin brother, Kyle. We want to share how we keep our bodies healthy and strong.



Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

Being active and moving my body every day helps keep my muscles, bones, lungs, and heart strong.



My brain likes being active, too. I can keep my brain active by reading, learning and playing. When I run, skip, jump, bike, and swim my whole body gets stronger.



Playing video games and spending time on a phone, tablet, or watching TV is fun.

I also need to take breaks to move my body and stretch my muscles.



Sleep helps me grow
and gives me energy.

Sleep helps my brain
rest and remember
what I learned during
the day.





My room needs to be cool, calm, and comfy. Reading, singing, and telling stories can help me fall asleep.

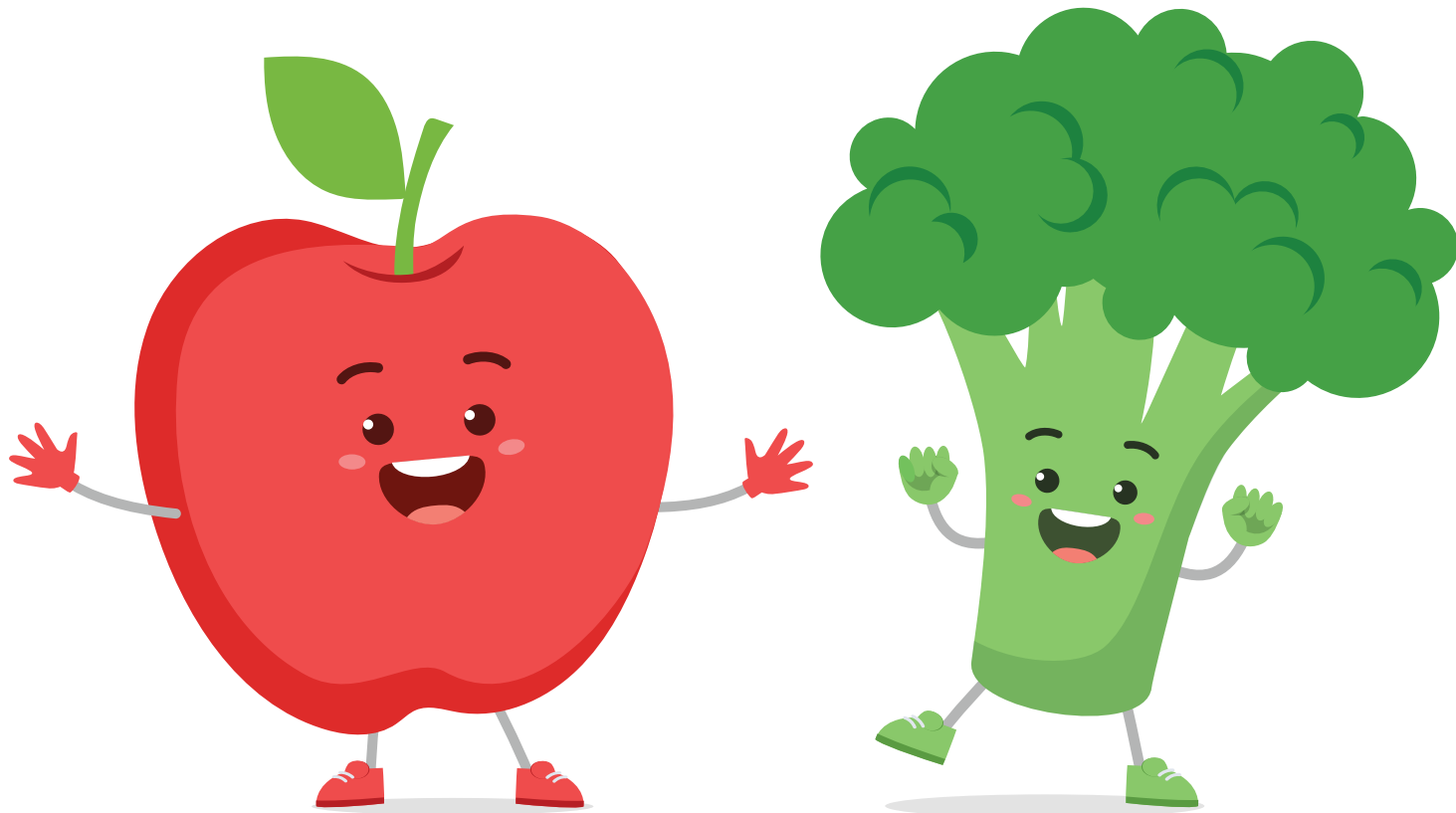
My electronics need sleep too. They sleep when I sleep. They need to be recharged just like me.

Our bodies need fuel just like cars need gas. Food is fuel for our bodies.



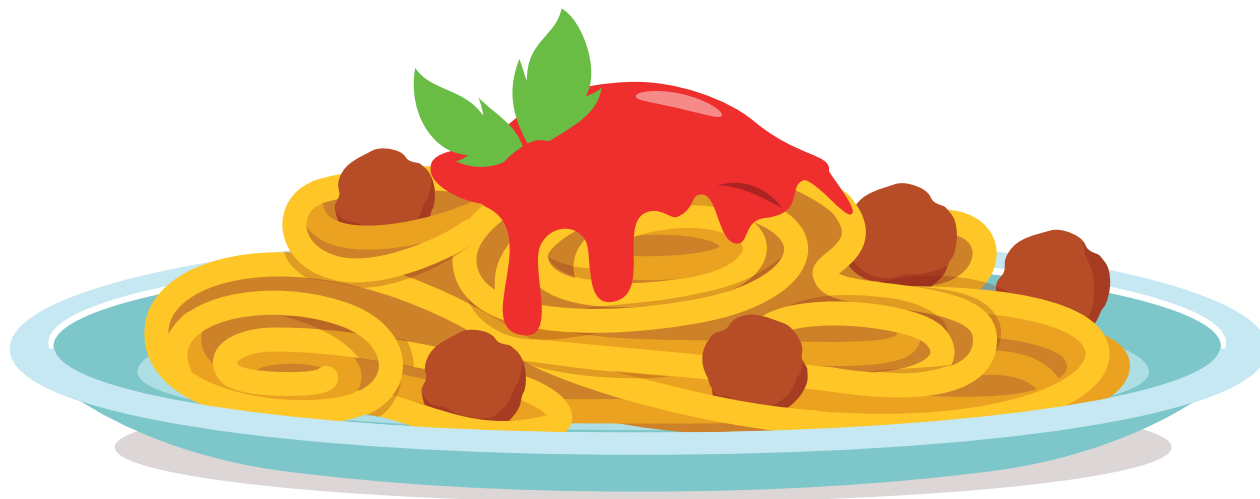
Eating from all food groups will make me healthy and strong.

Fruits and vegetables of all colors make my eyes, brain, and skin healthy.



Proteins are superfoods that make my muscles strong! Fish, chicken, turkey, beef, pork, lentils, and beans are great options.

Grains give my body energy. I choose whole grain options of breads, rice, oatmeal, cereal, and pasta.



Dairy makes me grow tall and my bones strong. I eat low fat cheese, yogurt, and milk 3 times each day.

I also drink plenty of water!



It is fun to cook with someone and try new things.

Sometimes I like a new food and sometimes I do not. Trying new foods is good for me.





Sometimes I have treats like cake, cookies, chips, candy, juices, and sugary drinks.

They do not make me strong so I eat less of these.

We are Show
Me Strong Kids!
We choose to
move our bodies,
take break from
electronics and
eat a variety of
foods. This
makes us
healthy and
strong!





Learn more about
being a Show Me Strong Kid at
Showmestrongkids.org