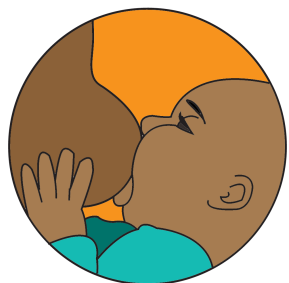


feel  
and good  
have fun!

small  
steps  
to health



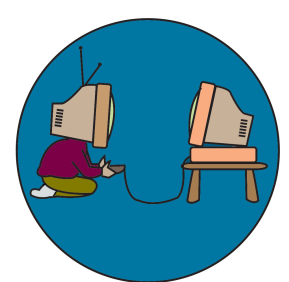
breast feed your baby



start the day with breakfast  
**7** days a week



eat **5** helpings of fruits  
and vegetables a day



keep screen time to **2**  
hours a day or less



be active for at least **1**  
or more hours a day



cut down on soda and  
sugar-sweetened drinks **0**

**STEPS**  
HEALTH  
King County

**Children's**  
Hospital & Regional Medical Center  
[www.seattlechildrens.org](http://www.seattlechildrens.org)

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Adapted from *Jump Up & Go!*<sup>sm</sup>, a youth health and wellness program developed in Massachusetts.

Also adapted from the Maine Center for Public Health.

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