My Healthy Habits

Activity Book
Exercise keeps us healthy. There are a lot of fun ways to be active!

Get active!
Avoid tanning beds.

Tanning beds can hurt your skin!
These protect your eyes from my UV rays. Do you know what they are?

Connect the dots to find out!

Created by Carrie Arnold
Herbivores eat their vegetables
just like me and you!

Veggies make great healthy snacks.
Remember to get checkups.

Seeing your doctor and getting your immunizations helps you grow up healthy!
Drink plenty of water every day. Limit soda and sugary drinks.

Water rules!
Let’s get some exercise! Race you to the finish line!
Be sun safe!

Limit time in the sun. Play it safe in the shade. Protect yourself with sunscreen, a hat, and long sleeves.
No smoking!

Smoking hurts your lungs and heart. Stay away from tobacco!
Too much junk food isn’t healthy.

What are your favorite healthy snacks?
Healthy is cool
This turtle is getting a workout! Swimming is great exercise!
Healthy Eating Shopping List

Fill in the missing letters.

Whi__e me__t chi__ken
Low-fat __ilk
Che__ses
Yog__rt
Eg__s
B__own or wild ri__e
All-natural o__tme__l
Sunflower se__ds
Almo__ds
Waln__ts
Waterm__lon
__ango
Swe__t pot_toes
Bro__coli
Healthy Habits Word Seek

Help me and Spot find all the healthy words!

APPLE  PLAY
DOCTOR  SUNGLASSES
EXERCISE  SUNSCREEN
FRUITS  VEGGIES
HAT  WATER
Healthy Habits Word Scramble

APPLE          PLAY
DOCTOR         SUNGLASSES
EXERCISE       SUNSCREEN
FRUITS         VEGGIES
HAT            WATER

1. teraw _____________________
2. giegevs ___________________
3. octord ___________________
4. ylap _____________________
5. ppale ____________________
6. secirexe _________________
7. tuirfs ___________________
8. tha _____________________
9. nusrescne ________________
10. lagnusssse _______________
Draw something!

Being healthy is fun! Draw a picture of something you do to stay healthy.