

Exercise & Play



Get Outside and Play for at Least 1 Hour a Day!



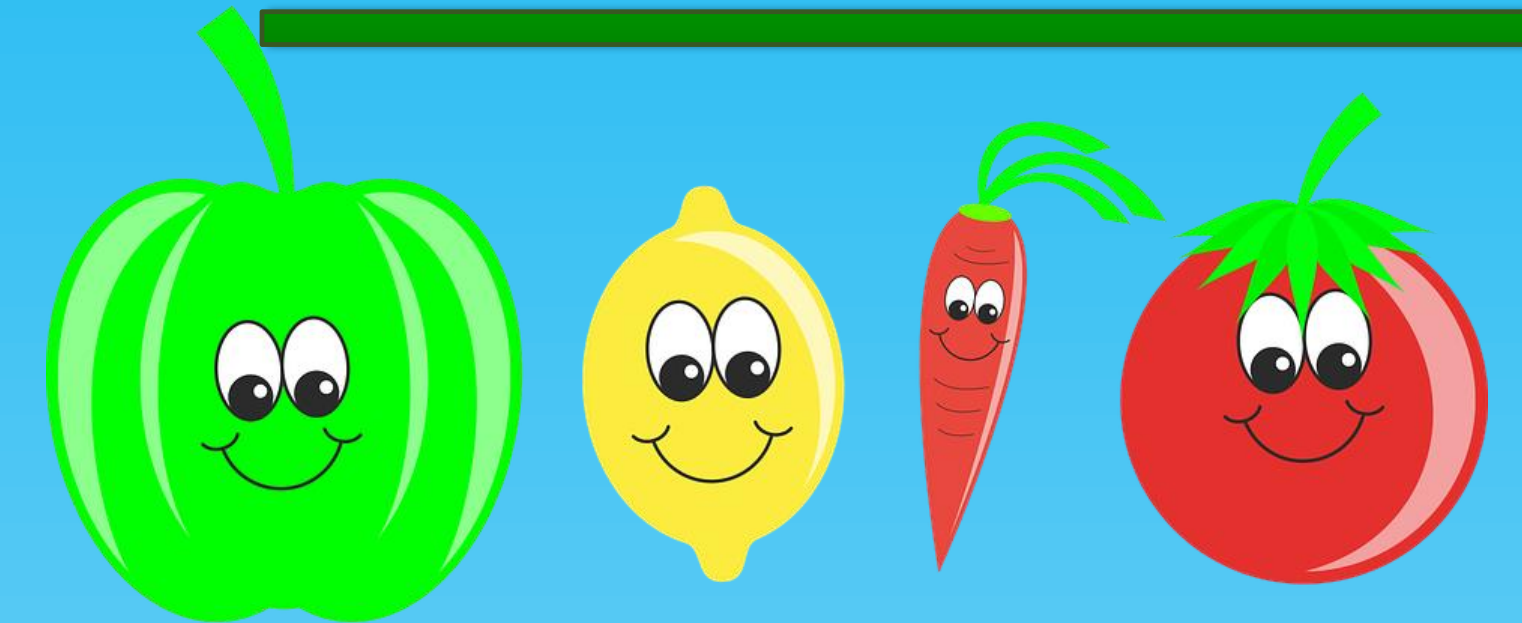
Use TVs, Computers, Tablets, and Phones Less Than 2 Hours a Day

How do you grow healthy and strong?
Each day make sure you...



Thank you to all the staff at Rainbow, the Worcester Department of Public Health, UMASS, and the AHEC grant that funded this summer project.

Garden



Eat 5 Servings of Fruits & Vegetables Every Day!



Drink LOTS of Water and 0 Sugary Beverages Like Soda, Juice, or Sports Drinks.