



- Getting enough sleep
- Eating healthy foods
- Exercising our bodies
- Being a good friend
- Helping with household chores
- Loving our families
- Respecting our parents, teachers, and other adults
- Being nice to our brothers or sisters
- Helping others in our community
- Saying no to alcohol, tobacco, and other drugs
- Taking responsibility for the choices we make

Let's all make healthy choices together, and walk in the "JUST SAY NO" Walk May 6, 2011!

**What healthy choices are you making ?**