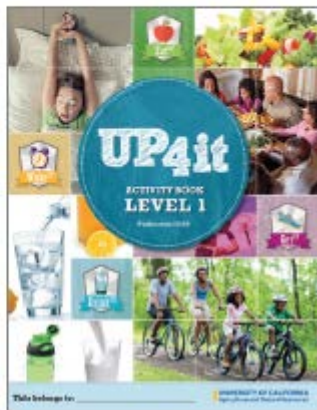


UP4it

Activity Book – Level 1

This field tested student activity book is designed for youth aged 8–12 to build healthy habits for life that will help prevent too much weight gain during childhood. Included are 16 activities, ranging from 15 to 60 minutes to complete.



ACTIVITIES FOCUS ON FOUR AREAS:

WakeUP — Sleep 10 hours at night to feel just right

EatUP — Select the right food for a better mood

DrinkUP — Choose water first for thirst

GetUP — Move and play at least an hour a day