

Look at me,
I am healthy!

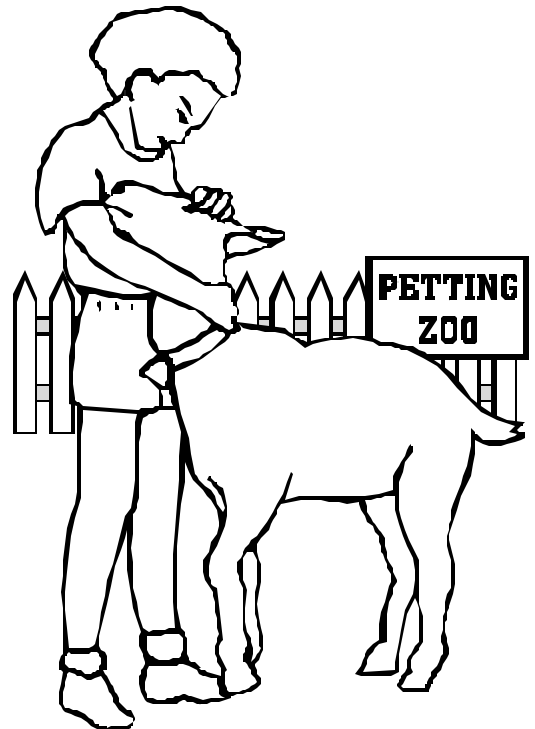
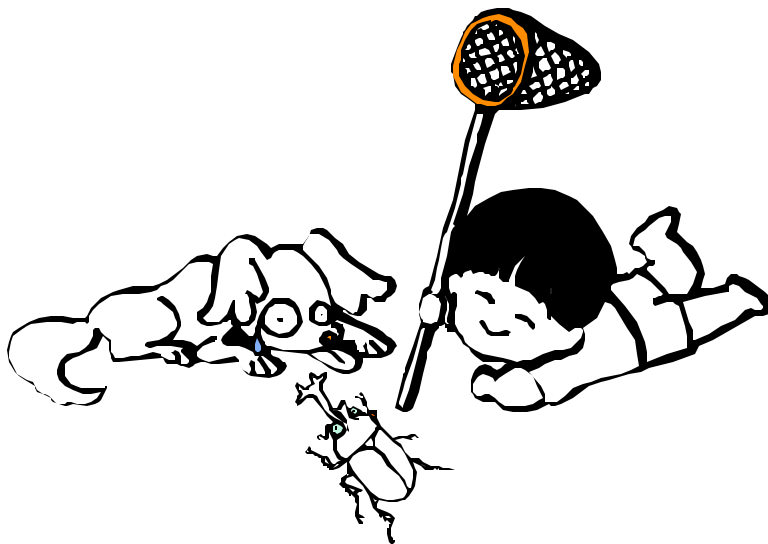
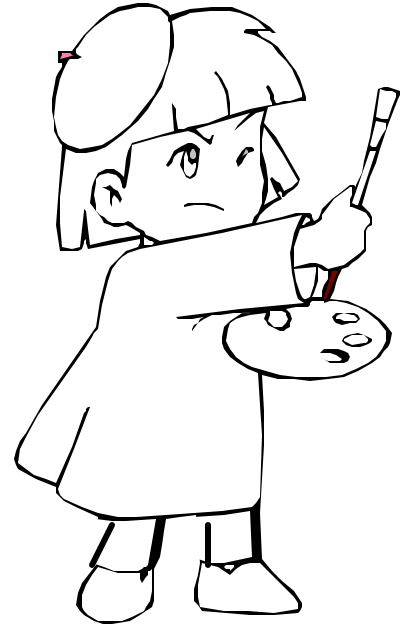
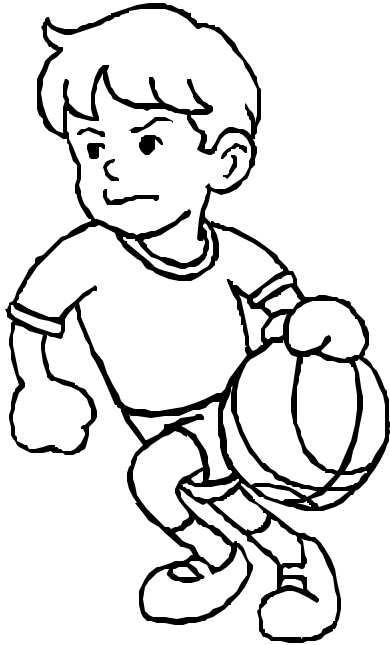


A children's coloring/activity book created by
the United Way of Connecticut Infoline and
the State Department of Public Health.



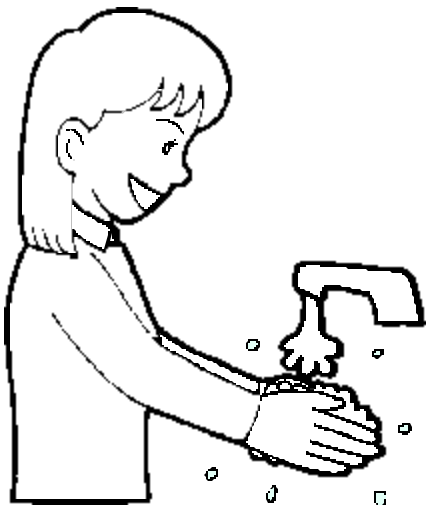
Sleep 8 hours each night...

...so that you have energy to do lots of fun activities during the day!!!



Keep your body clean!

Fill in the blanks to learn how you can keep your body clean.



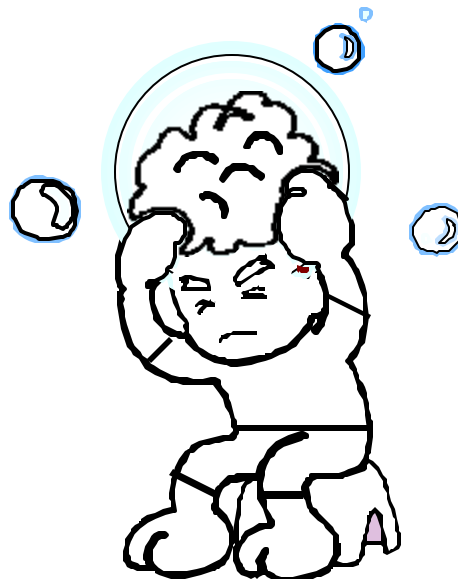
Wash your _____.



Take a _____.



Brush your _____.



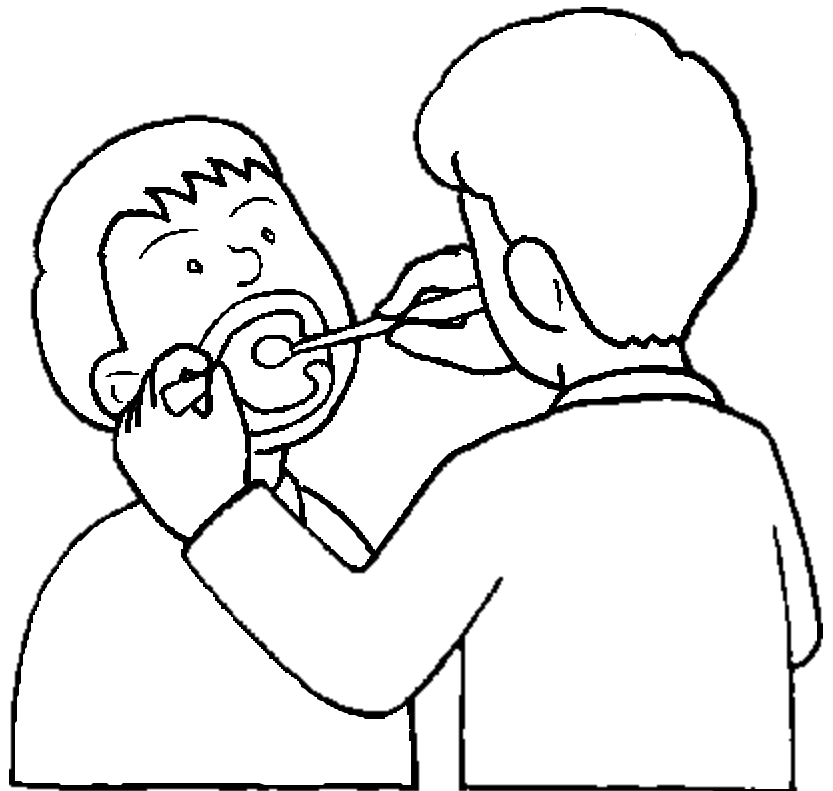
Wash your _____.

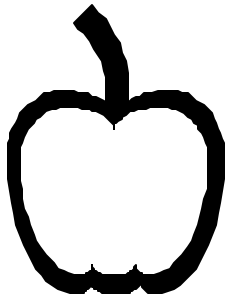
Take good care of your teeth.



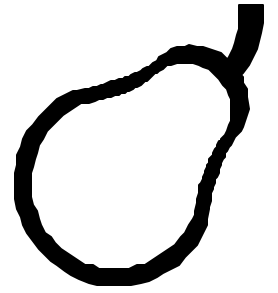
Brush and floss
your teeth 3
times each day.

Visit your dentist
every 6 months to
have your teeth
cleaned.





Eat healthy!



Use the list at the bottom of the page to help you find 20 healthy foods.

c m a c a r o n i b b t e g
h v r o c h i c k e n x g r
e b e a n s z y o r a n g e
e l r p h p o t a t o j b e
s p i n a c h z m e a t r n
e w c h z c a r r o t l e b
w k e y a p p l e s m i a e
g b a n a n a v t f s v d a
o t f i s h z d r m e l o n
t q b r o c c o l i p a q s
m i l k n c e r e a l z k r

apple

banana

beans

bread

broccoli

carrot

cereal

cheese

chicken

egg

fish

green beans

macaroni

meat

melon

milk

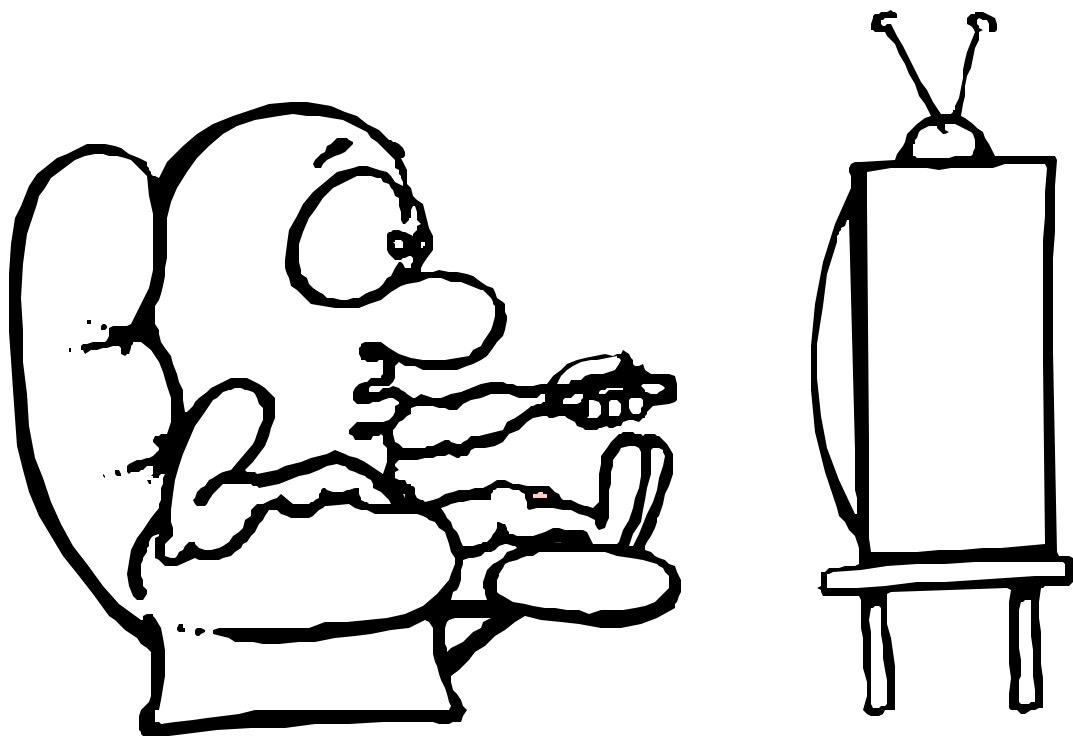
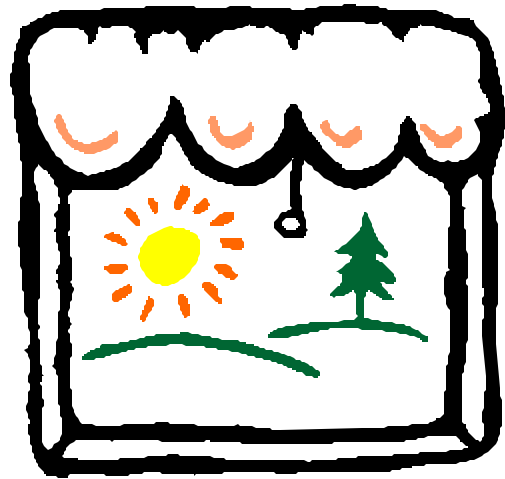
orange

potato

rice

spinach

**Don't be a couch
potato...**



...Get moving!!!

Fill in the blanks to find out which activities can keep your body healthy and strong.

1. j _ _ mp r _ _ pe

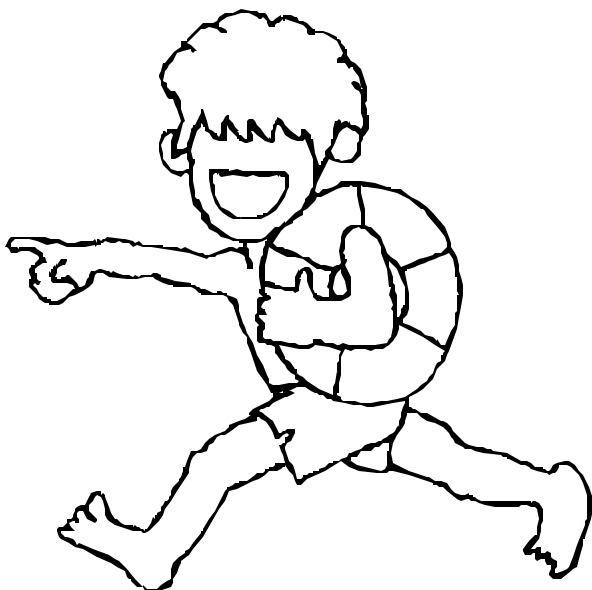
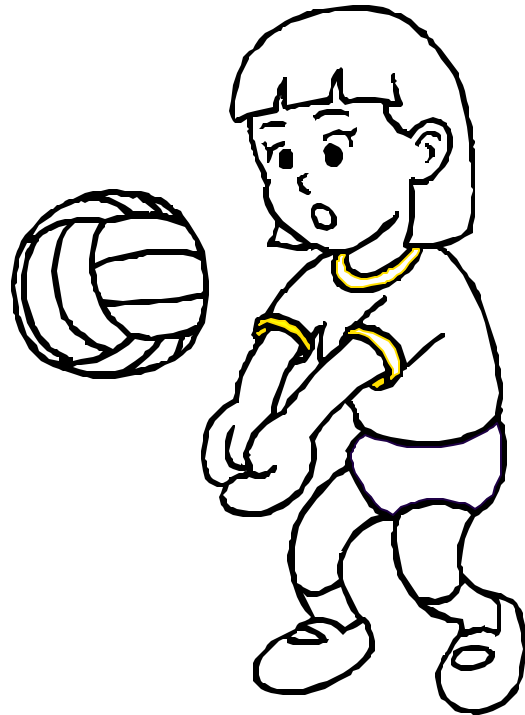
2. _ _ op _ _ cot ch

3. ba _ _ eb _ _ ll

4. _ _ ask _ _ tb _ _ ll

5. so _ _ _ er

6. s _ _ imm _ _ ng



7. b _ _ cycl _ _

8. r _ _ nn _ _ ng

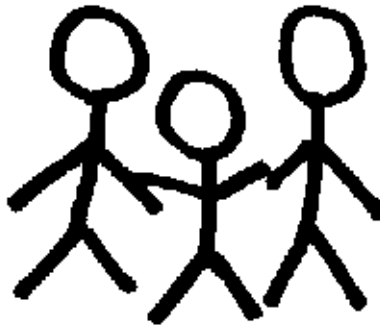
9. k _ _ rat _ _

10. d _ _ nci _ _ g

11. w _ _ lk _ _ ng

12. _ _ ootba _ _

Helping Parents Have Healthy Kids !!!



Maternal and Child Health Infoline
2-1-1

Call us for information on the following programs and services:

- ◆ Check-ups
- ◆ Child development
- ◆ Dental clinics
- ◆ Disability information
- ◆ Eye exams
- ◆ Hearing tests
- ◆ Health insurance
- ◆ Immunizations
- ◆ Lead poisoning screening
- ◆ Medical equipment
- ◆ Nutrition programs
- ◆ Parent education
- ◆ Prenatal care
- ◆ Respite care
- ◆ WIC