



*My **body** is strong...*

*I am the **future***

Eat healthy
Be active



To do your very best,
you need to eat
healthy and be active.

Eat your favorite
fruits and vegetables
each day.

Cut the fat. Do not
eat too many fried,
and high-fat foods
and snacks like french
fries or potato chips.

Try to be physically
active every day. Enjoy
your favorite activities
– walking, biking,
dancing, or sports.

Whatever your game...
you are
Generation Fit

1.800.ACS.2345
www.cancer.org

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