

# **TAKING CHARGE OF OUR HEALTH**

We pledge to Take Charge of our Health Today!  
By promising to change what we can today,  
we will be healthier for the rest of our lives.

As a class, we promise to:

1. **Eat five fruits and vegetables everyday.**
2. **Learn about serving sizes.**
3. **Get three servings of low fat dairy every day.**
4. **Drink plain lowfat milk instead of sweetened milk.**
5. **Make time for physical activity every day.**

