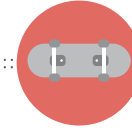


# HEALTHY HABITS

Learning to strengthen my body through exercise, nutrition, and self-advocacy



## ESTABLISH basic nutrition

So they will ...  
**HAVE CONSISTENT HEALTHCARE  
& EXPERIENCE A VARIETY OF FOOD**

## DEVELOP positive routines

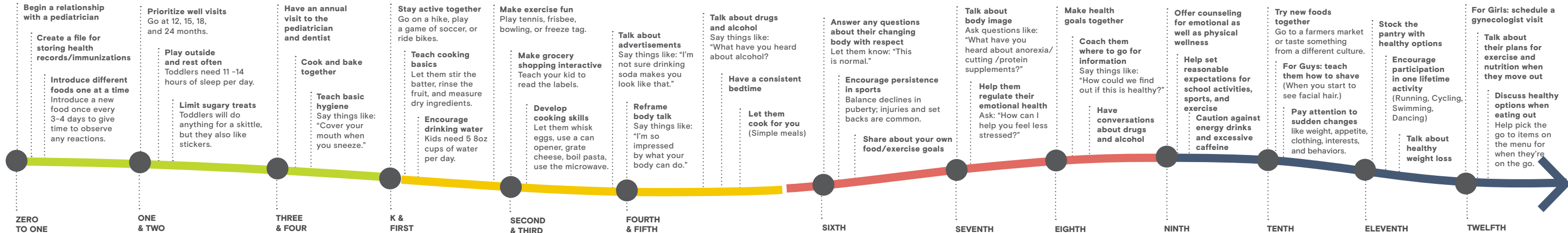
So they will ...  
**ENJOY EATING WELL  
& EXERCISING OFTEN**

## REINFORCE healthy choices

So they will ...  
**VALUE THEIR CHANGING BODY  
& MAINTAIN GOOD HYGIENE**

## ENCOURAGE a healthy lifestyle

So they will ...  
**SHARPEN THEIR PERSONAL AWARENESS  
& BALANCE DIET AND EXERCISE**



**EMBRACE** their physical needs

**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential