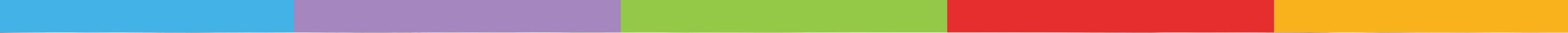




What is a *fit*-Check?





A lot of times we have to choose between healthy and unhealthy options. Healthy choices are *fit* choices. *fit* choices are best for your body and brain!



After a long day at school, Mia had a candy bar and soda. She still felt tired after her snack and kept watching TV.

After school, Isaac did a *fit*-check and knew he needed to take a break and recharge. He ate an apple and played a card game with his sister.





Doing a *fit*-check will help you make better choices.





Doing a *fit*-check means you stop and think before you make a choice.





Do a *fit*-check after school today and make a healthy choice!



*fit*TM
SANFORD®