

MAKE EVERY DAY A HEALTHY DAY

Here are some fun and easy ways to turn every day into a healthy day. Once you've tried each one of The Rootlet's favorite activities below, you can check it off the list! Strive for five and do them as often as you can!



- Start the day by thinking about five things you're grateful for!
- Paint your plate like a rainbow and eat five colorful fruits and/or veggies every day.
- Pretend you're a camel and guzzle five glasses of water. Add some strawberries or cucumber slices for a fun flavor!
- Be a grocery store detective. When you go shopping search for food with less than five ingredients.
- Pretend you're a rockstar and do some serious dancing to your five favorite songs.
- Nourish your brain and write down five things you learned today.
- When you feel nervous, scared or upset – take five deep belly breaths!
- Do something nice for your muscles for five minutes – like jumping jacks or hula hooping.
- Think of five ways that you can help others today.