

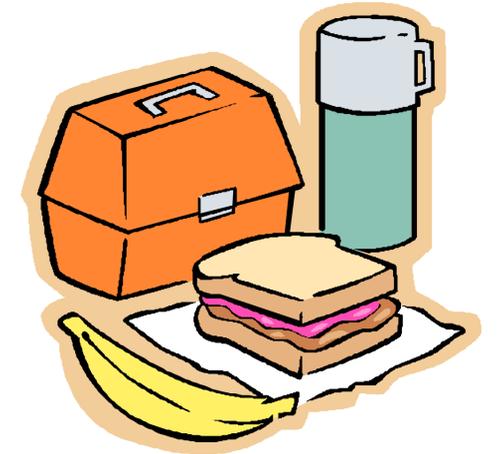
How to be Healthy at School



**Eat a
Healthy Breakfast**



**Bring a
Healthy Snack**



**Eat a
Healthy Lunch**



**Stretch Your Arms
and Legs Often**



Drink Water



Play at Recess