

# BE A HEALTHY YOU!

We always hear about the importance of living life in a healthy way but the word "health" can mean a lot of different things to different people. This can sometimes be confusing and make our brain feel a bit scrambled.

UNSCRAMBLE THE WORDS BELOW TO REVEAL SOME IMPORTANT THINGS YOU SHOULD CONSIDER IN ORDER TO BE HEALTHY.

1. We need to make these everyday where our health is concerned.

YEHLHAT

\_\_\_\_ ( ) ( ) \_\_\_\_ ( ) \_\_\_\_

SCHICOE

\_\_\_\_\_

2. Being active keeps you doing this.

VMNOIG

( ) ( ) \_\_\_\_\_

3. Most of us do not eat enough of these two things each day.

UTFISR and GTBVESLAE

\_\_\_\_\_ and

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

4. This beverage helps to keep us hydrated throughout our daily activities.

EW TAR

( ) \_\_\_\_\_

5. We all need more of this. Start with 30 more minutes every day.

CEERXIES

\_\_\_\_\_ ( ) \_\_\_\_\_

6. After a day full of activity, it's important to get a good night of this.

EEPLS

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

7. Use the circled letters in the order they appear on the page to complete the sentence below to find out how to be a healthy you!

\_\_\_\_\_ SMART, \_\_\_\_\_

MORE AND BE MEDIA \_\_\_\_\_!

Concerned Children's Advertisers cares about you and your health. That's why they're working on an exciting new campaign that will help you to stay healthy now and when you grow up! To find out more, please visit **HYPERLINK**

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Answers: 1. Healthy Choices 2. Moving 3. Fruits and Vegetables 4. Water 5. Exercise 6. Sleep 7. Eat smart, move more and be media wise!