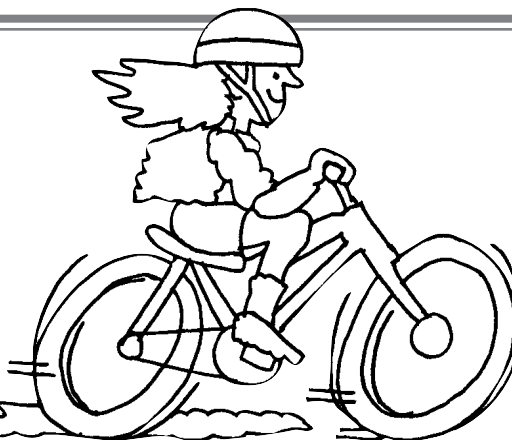


# Get in the Game For Good Health!



## C O N G R A T U L A T I O N S !

You have successfully completed a health education program about living a lifestyle for a healthier you, sponsored by the California Olive Industry. Now it's time for action.

### I pledge to work toward:

- Eating a variety of foods each day, including at least one healthy snack.
- Exercising at least 60 minutes every day.
- Not snacking or eating meals while watching TV.
- Limiting time spent watching TV, playing video games, etc.
- Being active whenever possible.

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student signature

\_\_\_\_\_

teacher signature



Meet Me at  
Oliville  
www.oliville.com

Try out the Calorie Calculator at [www.CalOlive.org/calculator](http://www.CalOlive.org/calculator).