

HERSHEY BEARS®

WELLNESS ALL-STARS

BE MINDFUL

Mindfulness is when you are calm and aware of your senses



Being Mindful Can:

- Help you to pay better attention
- Help you to control your emotions
- Help you to better handle stress
- Help you to make better decisions



GROW THE RAINBOW

Fresh fruits and veggies deliver vitamins, minerals, antioxidants, and fiber that your body needs.



Red fruits and veggies help to keep your **heart strong!**

Orange fruits and veggies help you to have **good vision!**

Yellow fruits and veggies help you to be able to **fight germs!**

Green fruits and veggies help make your **bones and teeth strong!**

Blue and **purple** fruits and veggies **help your memory!**

YOU can grow the rainbow anywhere! At home, at work, at school, or at a local community organization!

Your garden doesn't need a lot of space to provide you with a hearty harvest!



PennState
PRO Wellness

