

HERSHEY BEARS[®] WELLNESS ALL-STARS

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Nutrition

Drink water instead of a sugary soda when you're thirsty.

When eating meals, make half of your plate fruits and vegetables.

Cut back on the salt! Daily sodium intake should be less than 2,300 milligrams.

Physical Activity

Be active every day with at least 60 minutes of physical activity.

Taking activity breaks throughout the day helps your body and your mind focus in class.

Being active outside helps improve balance, coordination, and overall health.



PENNSSTATE HERSHEY
 PRO Wellness Center