

Module 3: Planning for a Healthier Tomorrow

Handout M-1: Team D *(copy onto yellow card stock and cut out)*

Strong Heart/Aerobic Fitness

A Healthy Planet

For use with Activity 1

Module 3: Planning for a Healthier Tomorrow

Handout M-2: Team D (copy onto yellow card stock and cut out)

drink lots of water	use soaps with lotion	have healthy ancestors	don't smoke	walk every day
eat foods with lots of calcium	plant a garden	recycle as much as possible	maintain your friendships	get preventative medical care, including screening
use sunscreen				