

Congratulations! You are a Hero.

Congratulations! You have been nominated to receive the “My Hero” award. You are a very special and important person because of the care and support you give this child. You have made a difference as a role model in this child’s life..

We want our **Heroes** to stay healthy and model healthy behavior.

To increase your Physical Energy:

- Eat more **fruits** and **vegetables** everyday
- Exercise 30-60 minutes per day
- Drink plenty of water
- Sleep 7-8 hours

To maintain Positive Energy:

- Stay focused on what is truly important
- Take time for family and friends
- Exercise everyday: walk, dance, or play a favorite sport

Children need and want most of all...

Someone who makes them FEEL special by:

- * Taking them for a walk
- * Listening to them

- * Giving them hugs
- * Reading a book

- * Sharing time with them
- * Playing with them

