

# Cool friends, Cool fruits!



Eat Healthy • Choose Whole  
Foods • All Natural  
Skip Processed Foods Today!

# Youth Be Well!



**Saunders**  
MEDICAL CENTER

*Be Well.*



Fruits & Veggies  
It's a classy design!

Youth Be Well!



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# Join the fun!

Eat Healthy • Choose Whole Foods • All Natural  
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# Healthy is so cute!



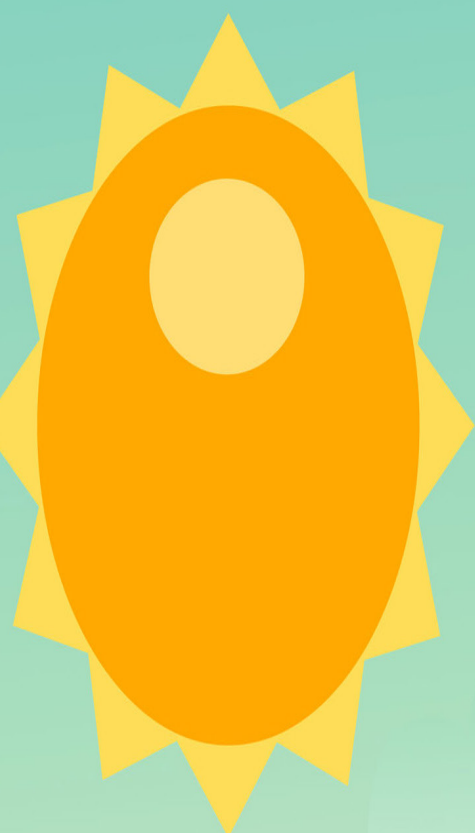
## Youth Be Well!



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*Be Well.*



# Jump!



Be Active

Hike • Walk • Play  
60 Minutes Each Day

This will help—

Build healthy bones and joints

Improve strength, balance & flexibility

Help control weight

Help build social skills

Develop skills of leadership & team work

Improve the ability to learn

# Youth Be Well!



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# Join the fun!



Go Play  
• Walk •  
60 Minutes  
each day!

# Youth Be Well!



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# care

## about you!



## We do!

# Youth Be Well!



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MEDICAL CENTER  
*Be Well*



# Let's go for an adventure walk!

Be Active  
Hike • Walk • Play  
60 Minutes Each Day

This will help—  
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ALL NATURAL

Treats!



Youth Be Well!



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Be Well.



# Healthy IS CLASSY!



Youth Be Well!



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# Healthy IS CLASSY!



## & Power Packed!

Fruits & Veggies are packed with Good-For-You nutrients to keep you at your best.

Color your meals and snacks with a variety of fruits & veggies everyday to get the power!

# Youth Be Well!



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# Healthy IS CLASSY!



Youth Be Well!



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JUST PLAIN

*Gum!*



*Youth Be Well!*



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Fruit = Super Fuel = Super Smart!



Youth Be Well!



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ENTER  
Be Well



# Power Your Day!



## FUEL UP WITH FRUITS & VEGGIES

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& Power Packed!

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# TURN YOUR WORLD UPSIDE DOWN

## Get Real.

Get outside.  
Live Outside the Box.  
Less electronic time means  
more time exploring,  
creating and having fun!



# Youth Be Well!



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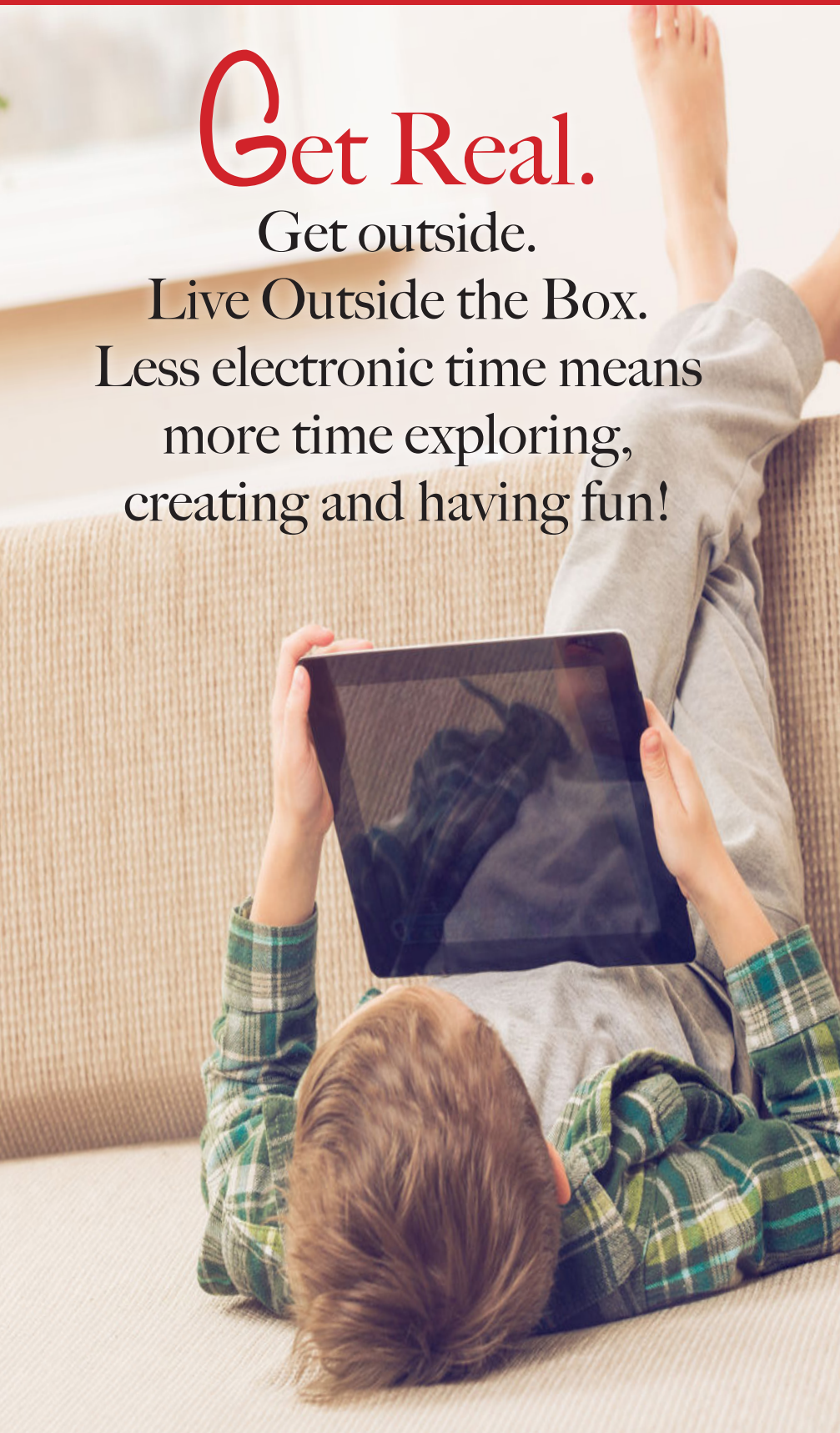
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