

HEALTHY

COLOR IN THE BANANAS AS YOU GO!

ATTEND

A PPLD Healthy Living Program



AND COMPLETE 2 ACTIVITIES

Be active for 10 minutes a day for one week



Enjoy the fresh air and take an inside activity outside



Cook a healthy meal at home instead of eating out



Color in 3 sets of bananas? Woohoo! Head to your nearest library to pick up your granola bar!

HEALTHIER

COLOR IN THE ORANGES AS YOU GO!

ATTEND

A PPLD Healthy Living Program



AND COMPLETE 2 ACTIVITIES

Be active for 20 minutes a day for one week



Check out a healthy cookbook from the library



Spend an hour engaged in mindful meditation this week



Color in 3 oranges? Congrats! Head to your nearest library to pick up your fitness journal!

HEALTHIEST

COLOR IN THE GRAPES AS YOU GO!

ATTEND

A PPLD Healthy Living Program



AND COMPLETE 2 ACTIVITIES

Be active for 30 minutes a day for one week



Stretch for 10 minutes every morning this week



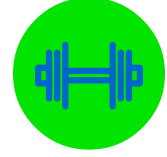
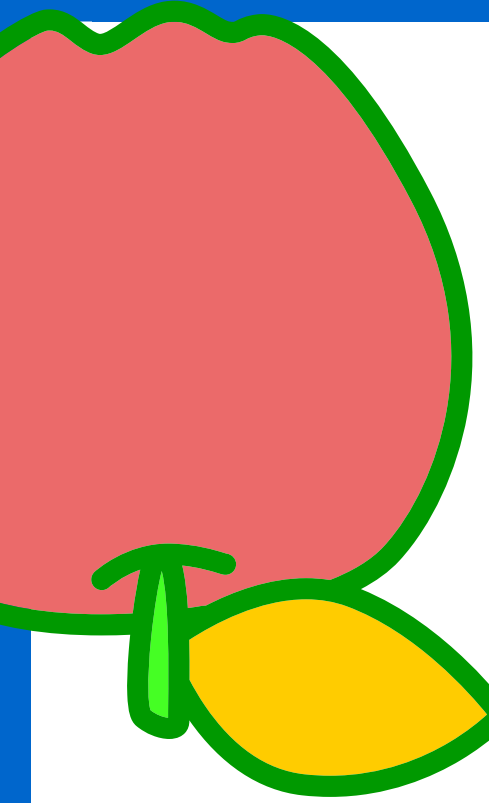
Hit 10,000 steps everyday for one week



Color in 3 sets of grapes? Hurray! Head to your nearest library to pick up your water bottle and YMCA Day Pass!

SMALL CHANGES, BIG RESULTS

- Make a healthy swap with foods and drinks
- Load up on fruits and veggies
- Stretch for 10 minutes a day
- Take a break from the screen—get up and move!
- Try drinking 8 cups of water a day
- Eat a new fruit or vegetable
- Keep an exercise or food journal
- Be positive!
- Try taking the stairs instead of the elevator
- Develop a healthy sleep routine
- Find an exercise you enjoy...and do it!
- Celebrate your healthy achievements with a hobby, not a food





Healthy Living

PPLD

Win Prizes and Get Healthy!

April 1 - June 30



Funded by...

 **EL PASO COUNTY** Department Of Human Services



Special thanks to...



HOW TO PLAY:

1. Register online at ppld-healthyliving.readingrecord.net/ or your nearest library location
2. Attend 3 PPLD Healthy Living Programs **AND** complete 6 activities listed on the game card
3. Collect prizes at the end of each level
4. Complete all 3 levels for the grand prize drawing

RULES:

1. Open to all ages and all PPLD library patrons
2. Must have a library card in good standing to win grand prize
3. PPLD employees, substitutes, and household members are not eligible for grand prizes
4. PPLD reserves the right to substitute prizes
5. Prizes will be awarded while supplies last

PRIZES INCLUDE:

Granola Bar, Fitness Journal, Water Bottle and Day Pass to the YMCA

GRAND PRIZES INCLUDE:

Fit Bit, YMCA 90 Day Pass, Fitness Gift Basket