


HEALTHY


COLOR IN THE BANANAS AS YOU GO!


ATTEND A PPLD Healthy Living Program
OR

FINISH April's Proactive 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 


HEALTHIER


COLOR IN THE ORANGES AS YOU GO!


ATTEND A PPLD Healthy Living Program
OR

FINISH May's Proactive 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 


HEALTHIEST


COLOR IN THE GRAPES AS YOU GO!

ATTEND A PPLD Healthy Living Program
OR

FINISH June's Proactive 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 

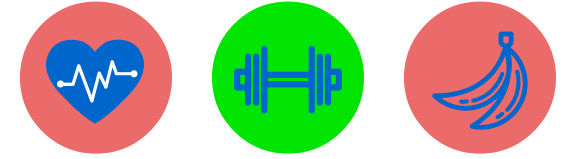
Color in 3 sets of bananas? Woohoo!
Return to the Mobile Library for a chance to win a FitBit!

Color in 3 oranges? Congrats!
Return to the Mobile Library for a chance to win a FitBit!

Color in 3 sets of grapes? Hurray!
Return to the Mobile Library for a chance to win a FitBit!

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

Mobile Libraries



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Department Of Human Services



Special thanks to...



HOW TO PLAY:

1. Register online at ppld-healthyliving.readingrecord.net/ or your nearest library location
2. To complete a level, attend 1 PPLD Healthy Living Program **OR** finish the proactive program of the month, **AND** complete 2 activities listed under each category.
3. For each level you complete, you will be entered into a drawing for a FitBit!

RULES:

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

PROACTIVE PROGRAMS:

Please see a Bookmobile Staff Member for more information about the Proactive Program for the month.