

A Healthy Lifestyle...

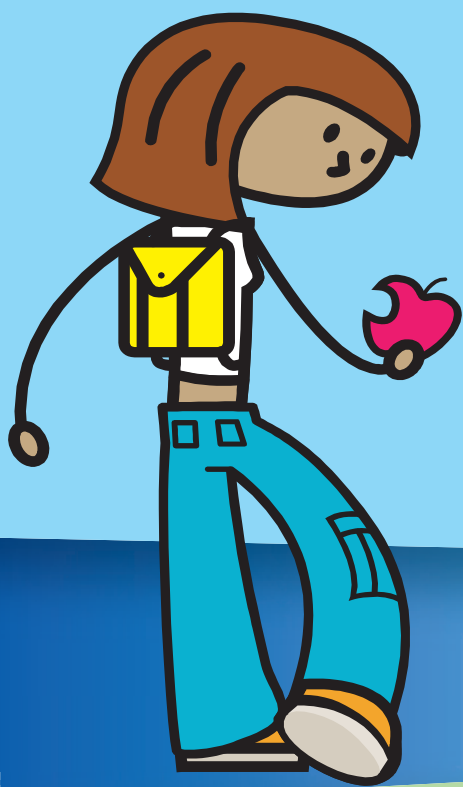


It's your choice!

Get Active, Have Fun!

Regular physical activity will...

- increase energy and lower stress.
- change how you look and feel.



Eat Well...

- Choose a variety of healthy foods every day.
- Have regular meals and snacks.
- Eat less junk food.

Feel Good About Yourself!

- Healthy bodies come in many shapes and sizes.



Eat Different
Foods Everyday



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