

**Action for Healthy Kids:** Excerpts from Promotional Program Website



## **Journey 4 Health**

from **Action for Healthy Kids**

Welcome to *Journey 4 Health!* This fun, easy program from Action for Healthy Kids is designed to help guide you and your middle school student toward a “destination” of healthy habits for a lifetime – and give you a chance to win *exciting prizes!*

### **Let's get started!**

Just set up your personal e-Passport Account here. Then take a look at the suggested activities on the Flight Plan, and choose a few you'd like to try (in any order you wish!). These are simple, healthy changes you can begin making with your family today. Log in to your e-Passport Account whenever you want to check off the activities you have finished. It's a fast, easy way to track your progress on the journey!

### **Your Itinerary**

*4 Travel Tips to Share with Your Student!*

1. Reach the perfect altitude by drinking water and milk instead of sugary sodas or sports drinks.
2. Stay on course with plenty of fruits and vegetables rather than sweets or processed foods.
3. Take the direct route to interesting new activities that don't involve the TV or computer.
4. Ensure a smooth landing by adding exercise to the daily routine.