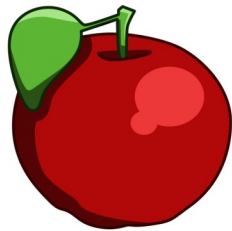


# Healthy Eating ~ Active Living

5

or more  
Fruits  
and  
Vegetables



2

hours  
or less of  
recreational  
screen time

★ Waterbury



1

hour  
or more of  
physical  
activity

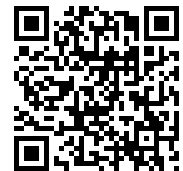


0

sugary  
drinks,  
more  
water



**EVERY DAY WATERBURY!**



For more information, contact Jill at 203-756-8021 ext. 3113 or visit our website: [healthywaterbury.tumblr.com](http://healthywaterbury.tumblr.com)

Para obtener más información, póngase en contacto con Jill al 203-756-8021 ext. 3113, o visite nuestro sitio web.