



JUMP UP & GO!

**Kids...you can
Jump Up & Go!**

Learn how to have fun
and be active in three
easy steps:

5 a day is the healthy way.
Eat five or more servings of
fruits and veggies every day.

2 or less for success.
Don't watch more than two
hours of screen time a day.

1 or more builds a strong core.
Be active for an hour or
more every day.

Get Healthy. Grow Strong.



MASSACHUSETTS