

Healthy Adventures Super Hero

It's a bird! It's a plane! It's a healthy, delicious

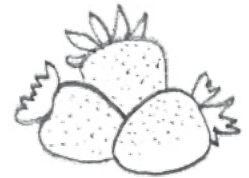
Super Smoothie!



MAKES
1 smoothie

INGREDIENTS

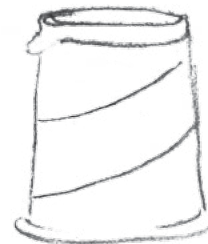
1 banana,
peeled



1/4 cup strawberries,
fresh or frozen



1/3 cup
low fat milk



8 ounces plain,
low fat yogurt

INSTRUCTIONS

Put on your super suit! Wear a blanket as a cape and give yourself a super hero name!

1. Using your super strength, smash up the banana and put it into a blender. Add the rest of the ingredients, too.
2. Power up the blender until it's all smooth, then enjoy!

DON'T FORGET TO GET 60!

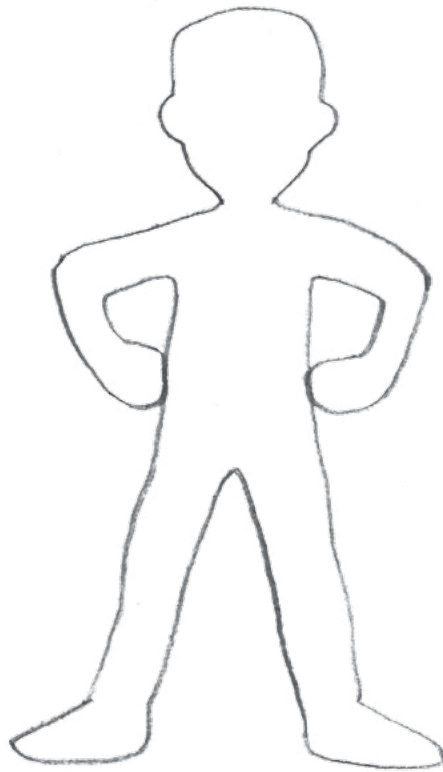
Want to feel really powerful? Move for 60 minutes every day! Jump on the trampoline, use a frisbee as your shield or put on your cape and soar around the backyard! If it's rainy out, tie some red yarn in the hallway and make your way through a laser maze!

Find more super-duper healthy adventures at

Healthy Adventures SUPER HERO

SUPERHERO

The fight against tobacco needs your help! Create your own superhero to defeat tobacco and its many dangers. Give your superhero a name, design a costume and list your superpowers! Don't forget to come up with a secret identity and catchphrase, too!



Superhero Name: _____

Superpowers: _____

Secret Identity: _____

Catchphrase: " _____ "

POWER UP!

Increase your super strength by filling half your plate with fruits and veggies!
Don't forget to move for 60 minutes every day, too!

Find tons more super ways to stay healthy at