

DR. HEALTH E. HOUND®

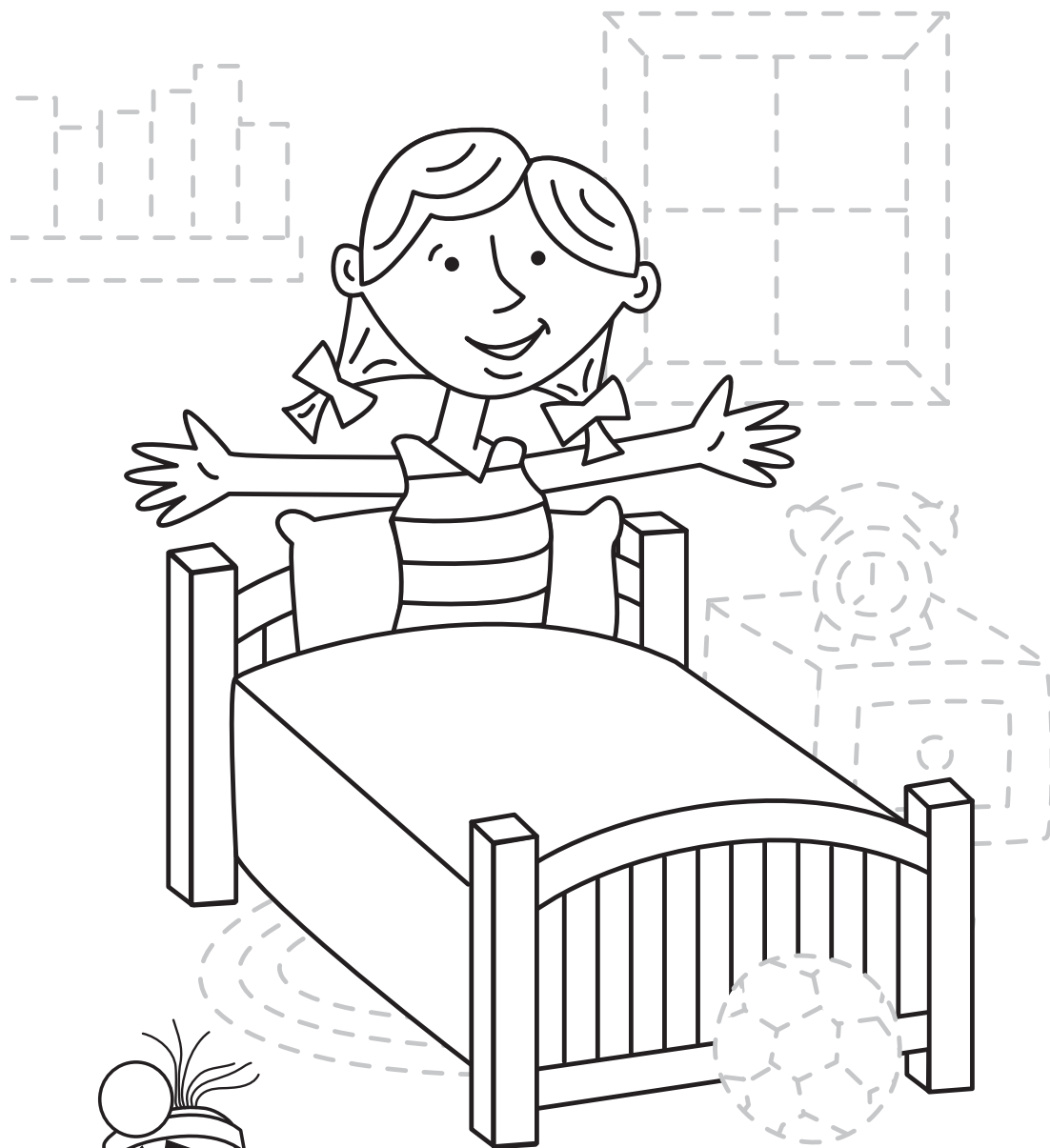
Activity Book





It's easy to make fitness a part of your daily life. Sophia and Travis joined a soccer team to help them stay active. Follow along as they get ready for their weekly soccer game with friends. They are excited and prepared for another great match.

**Rise and shine. Sophia wakes up full of energy.
Can you complete the picture?**



Dr. Health E. Hound tip:

Doctors recommend getting 10 hours of sleep a night.

Travis brushes his teeth. Can you add a toothbrush and toothpaste to this picture?



Dr. Health E. Hound tip:

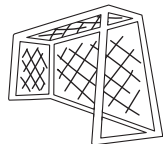
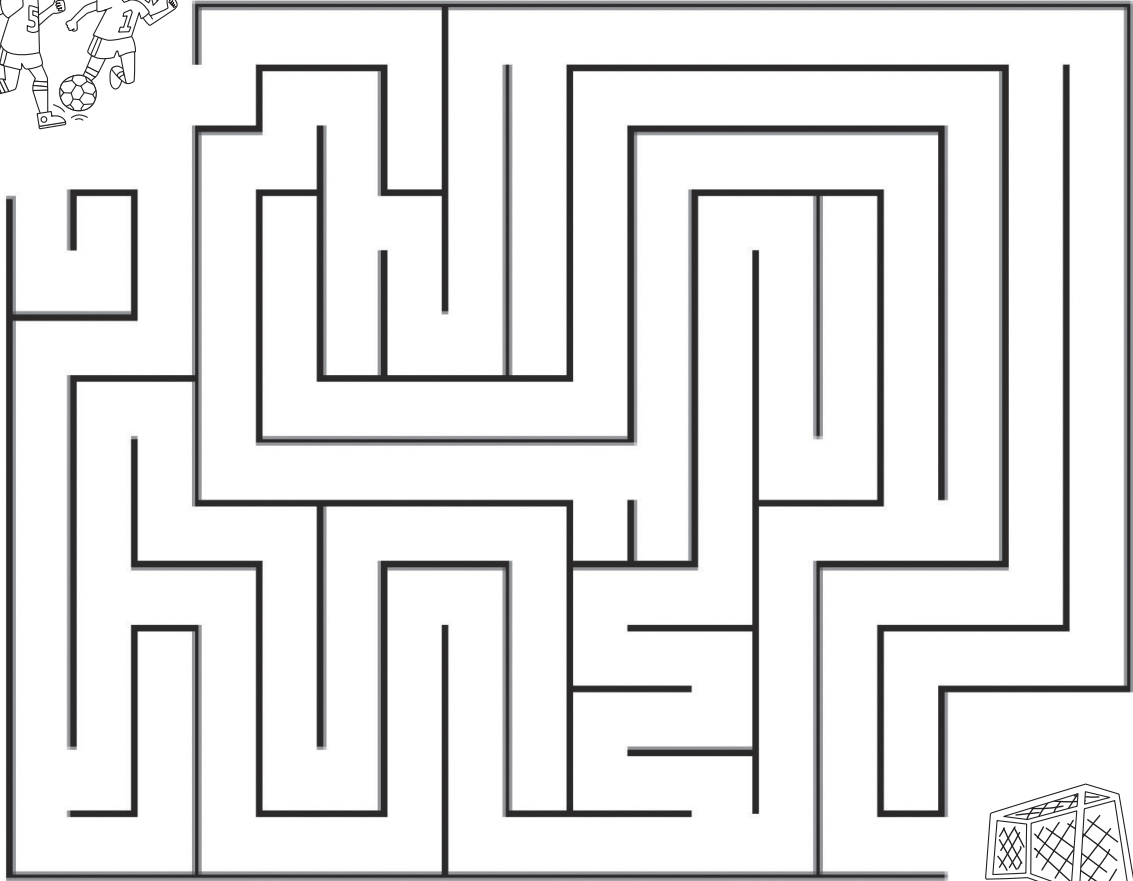
Dentists recommend brushing your teeth two times a day – morning and night.

**Sophia is having a healthy breakfast.
Can you find the hidden food?**



Hidden food: orange, egg, strawberry, toast, cherry, banana, milk carton.

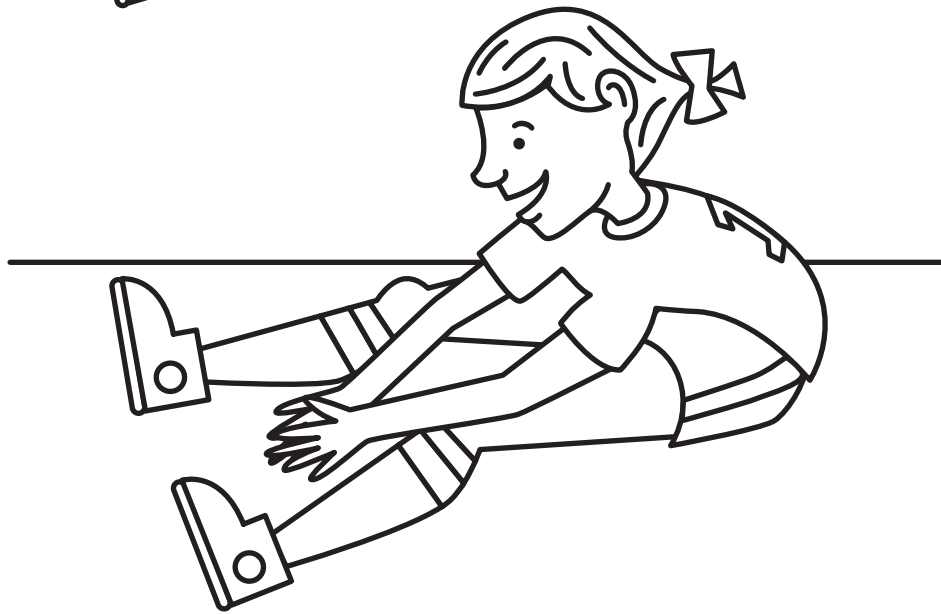
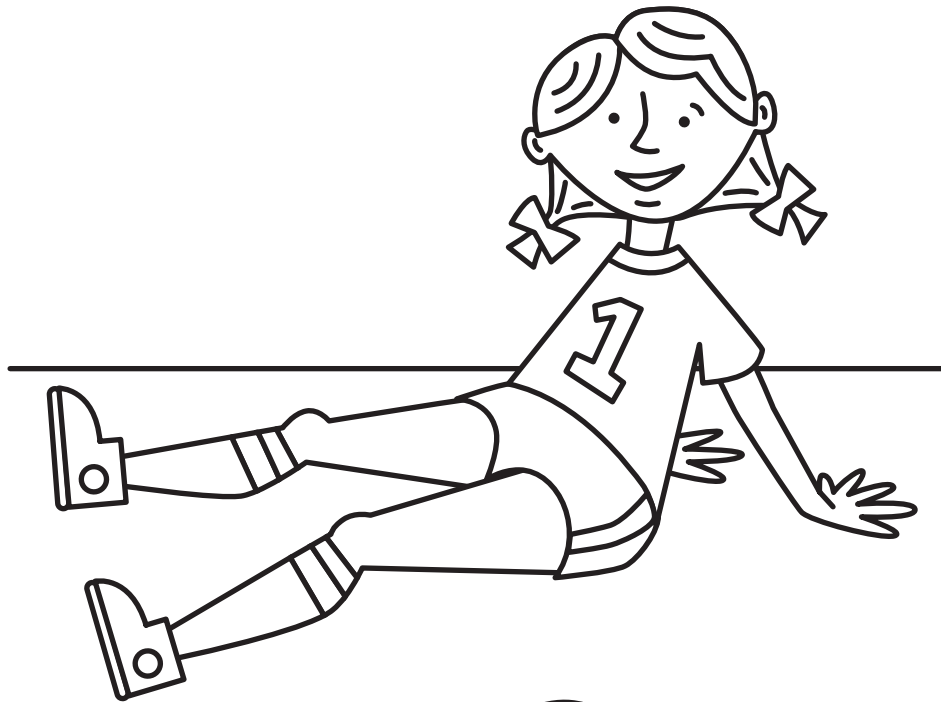
**Travis and Sophia walk to the soccer field.
Can you help them find their way?**



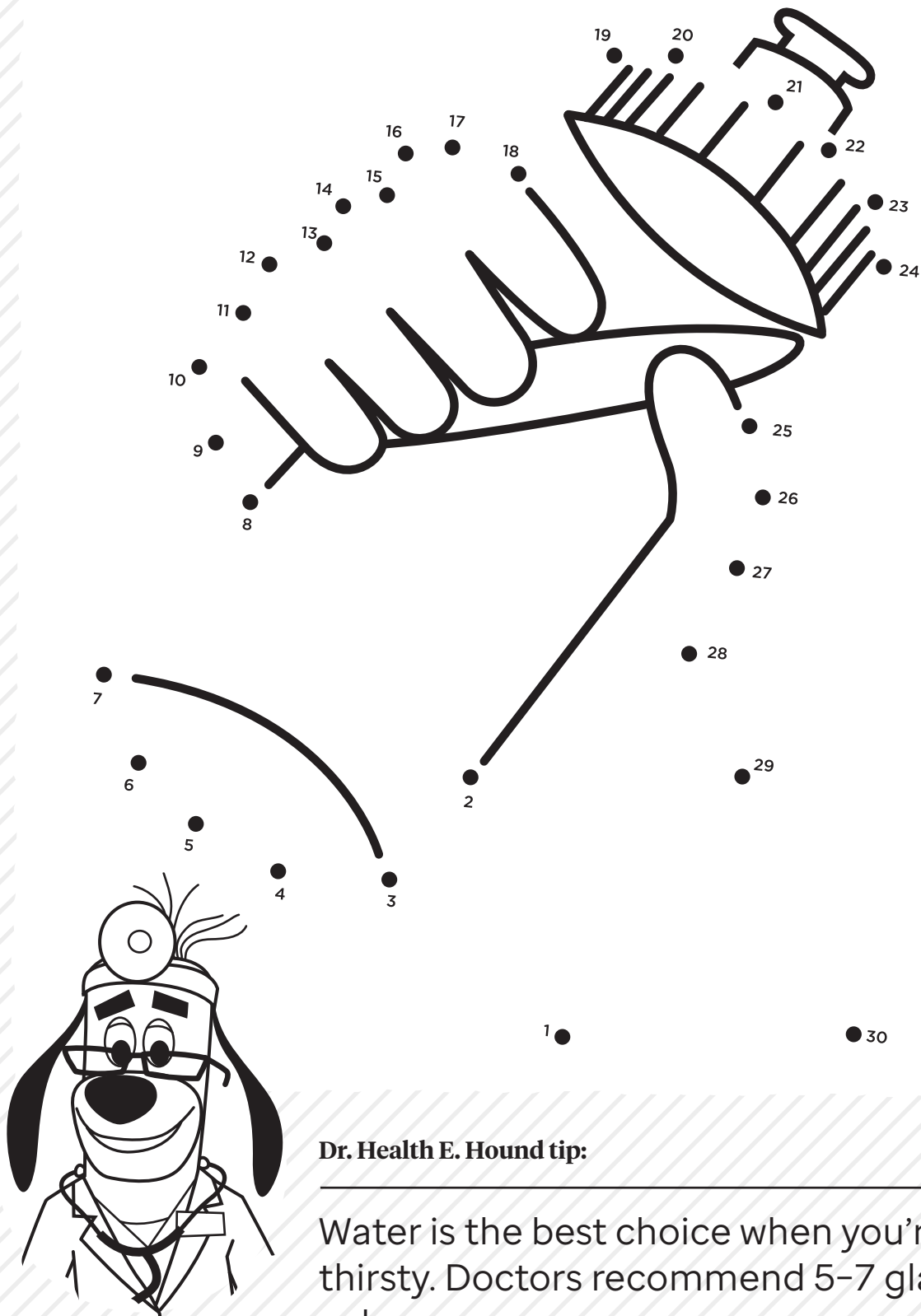
Dr. Health E. Hound tip:

Just 60 minutes of active play every day can help keep you healthy.

**Sophia stretches before the game.
Try stretching like Sophia.**



During the game, the kids are sure to drink lots of water. Connect the dots to complete the picture.



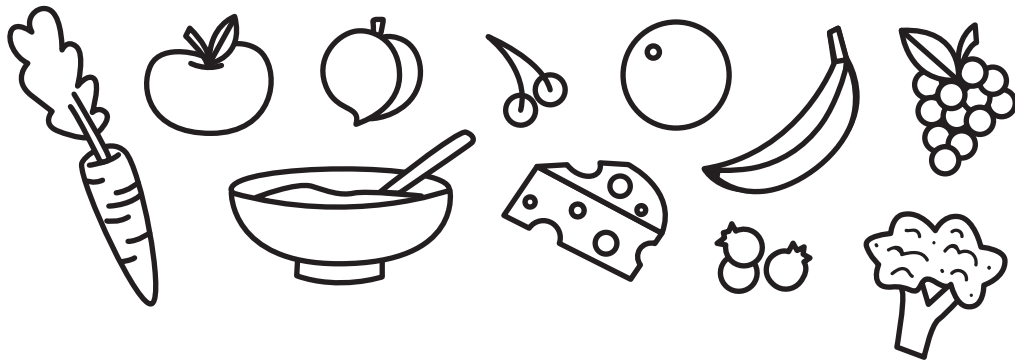
Dr. Health E. Hound tip:

Water is the best choice when you're thirsty. Doctors recommend 5-7 glasses a day.

**Travis passes the ball to Sophia and she scores a goal!
Can you add a ball and goal to the picture?**



After the game, it's time for a snack.



S A Q S O P R B W O
T E W N C S G V A D
F S L V Y H T K W Y
R F P B V P E Z L K
U W X Q A B L E P R
I M G X D T Z K S R
T Y F S E L E I L E
F B M Q T R U G O Y
L N N G U H Z C E A
N U T S G W G A E V



Dr. Health E. Hound tip:

Find these hidden healthy snacks:
cheese, fruit, vegetables, yogurt, nuts.

The kids walk home together after another great game and another great day.



Make exercise a part of your daily life.

Here are some easy ways to stay fit:

- 🐾 Take your dog for a walk or walk to the store.
- 🐾 Join a sports team or start a pickup game at the playground.
- 🐾 Play tag with kids in your neighborhood.
- 🐾 Ride your bike or walk to school.
- 🐾 Do something active on the weekend or in the evenings with your family.
- 🐾 Go to the park with a friend.
- 🐾 Help your parents with yard work or chores around the house.
- 🐾 Exercise while watching TV.
- 🐾 Take the stairs whenever you can.



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