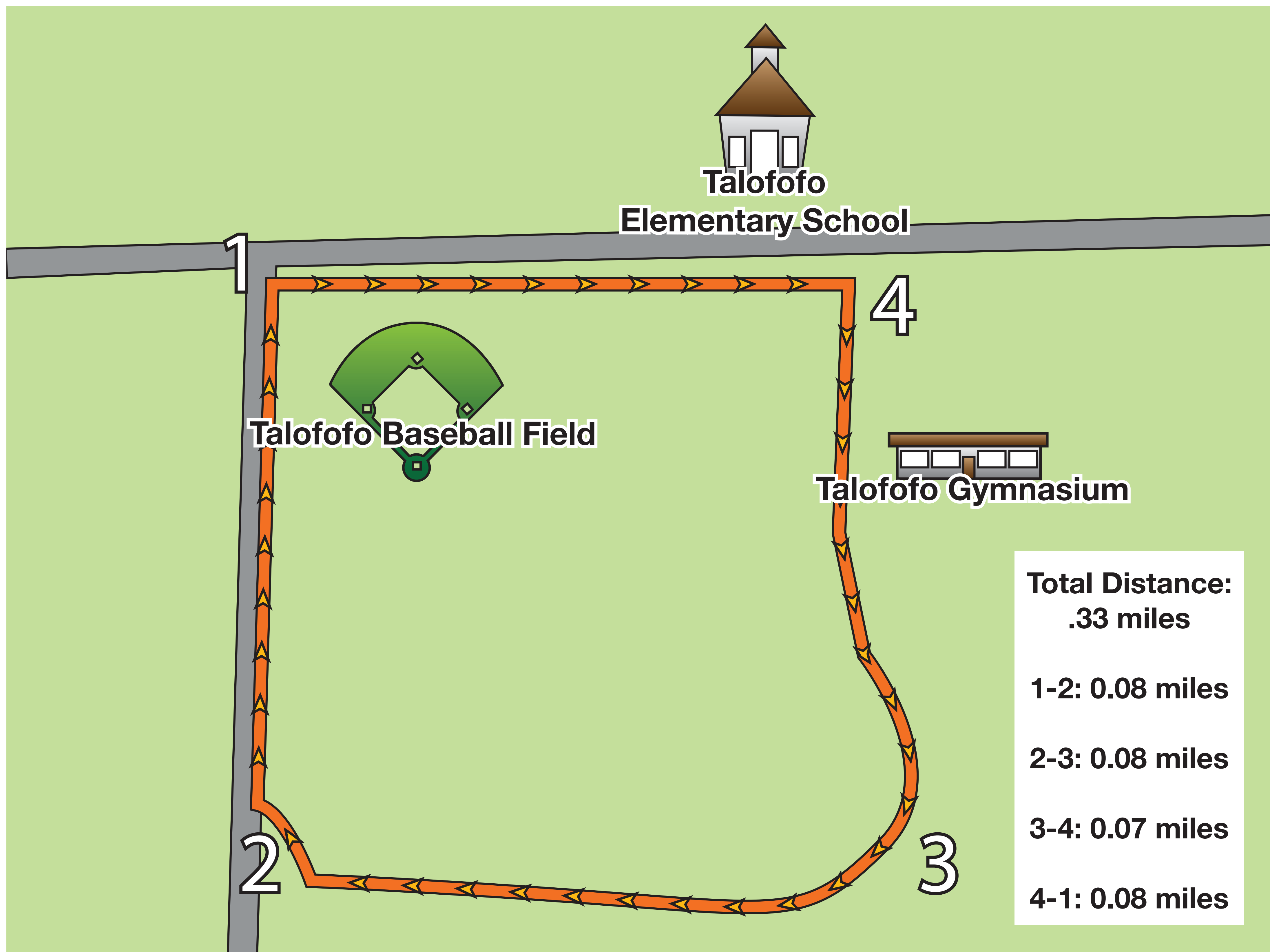


# TALOFOFO WALKING PATH



## TALOFOFO HEALTHY LIVING TIPS

### GET ACTIVE

- Get at least 1 hour everyday of moderate physical activity

### EAT MORE FRUITS AND VEGETABLES

- Children - 1 cup of fruit & 1 heaping cup of vegetables per day
- Adults - 2 cups of fruit & 3 cups of vegetables a day

### DRINK MORE WATER AND AVOID SUGAR SWEETENED BEVERAGES

- Children - 5 cups a day
- Adults - 11 cups a day

### SLEEP MORE

- Children: 11- 13 hours a day
- Adults: 7-9 hours a day

**“Be a community and family role model for healthy behaviors”**