

Coloring Book

54321 GO!®



Visit GoNebraskaKids.org but don't stay long!

To be a healthy
- and happy -
Nebraska kid,
practice the
5-4-3-2-1 Go!®
countdown
every day!

1 hour
or more
of physical
activity
= a day



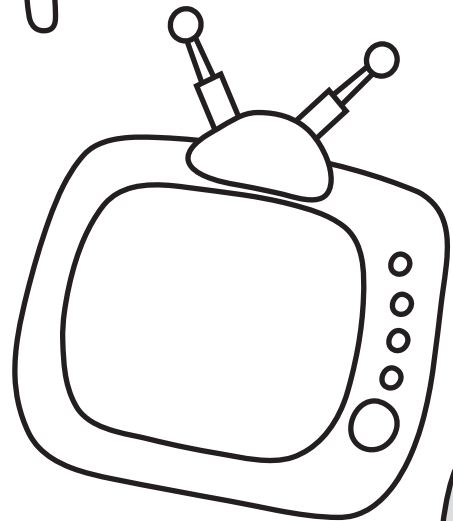
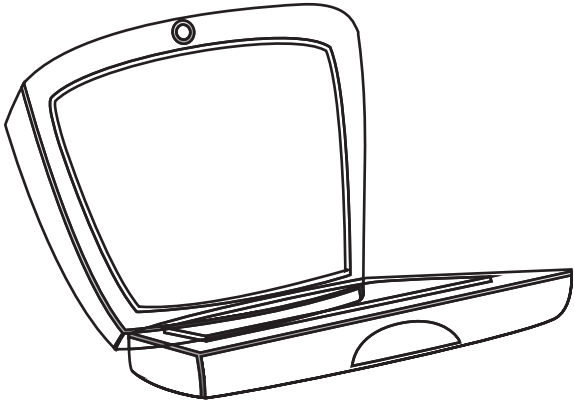
2

hours

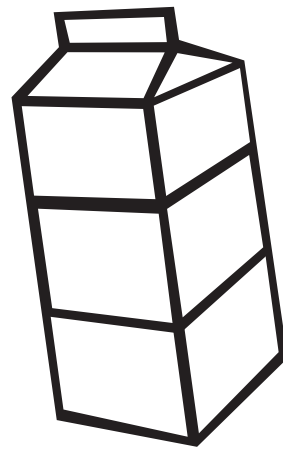
or less of

screen time

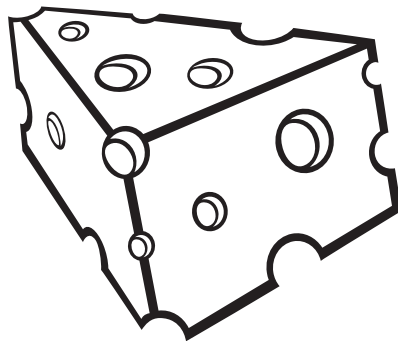
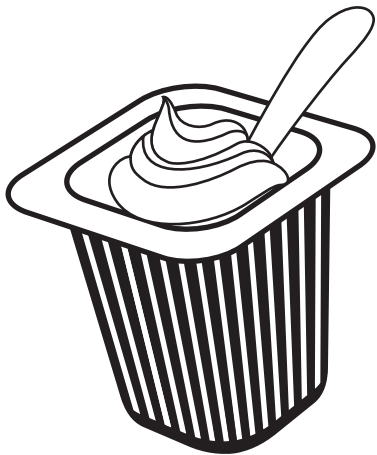
a day



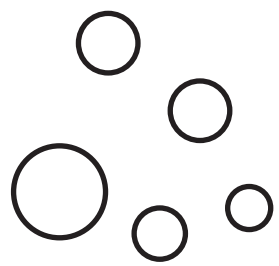
3



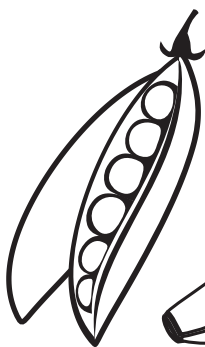
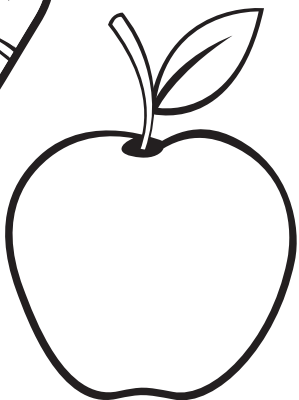
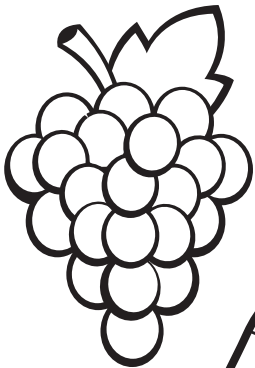
servings
of low-fat
dairy
a day



4 servings
of water
a day



5 servings
of
fruits and
Vegetables
a day





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