

HOW TO BE AN **OMEGA** Fit Kid!



Here are 5 rules to live by:

- 1. EAT A VARIETY OF FOODS, ESPECIALLY FRUITS AND VEGETABLES**
- 2. DRINK WATER AND MILK MOST OFTEN**
- 3. LISTEN TO YOUR BODY**
- 4. LIMIT SCREEN TIME**
- 5. BE ACTIVE**

“The only thing that can stop you from reaching your DREAMS is you!”

POWER STATEMENT:

I WILL NOT LET ANYTHING STOP ME FROM REACHING MY DREAMS AND GOALS
IN LIFE. I WILL BE A DREAM-MAKER.