

I PLEDGE TO powerup

NAME

THREE STEPS TO powerup

EAT BETTER. I will try for 5 fruits and veggies every day, strive for 3 meals a day, and aim for 0 sugary drinks.

MOVE MORE. I will find fun ways to move more every day.

PASS IT ON. Encourage others to PowerUp by taking the pledge to help create healthier communities and do what's best for kids!

Get tips and tools to do what's best for kids at powerup4kids.org

powerup



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