

Back to school



Use this check list to help you stay healthy this school year.

■ My backpack isn't too heavy



■ I sit up straight at my desk



■ I have lots of water and fruit



■ I am active

Aim for an hour of activity per day



■ I don't look at screens too long

Aim for a maximum of 2 hours a day



■ I get enough sleep

Aim for at least 10 hours a night

