

fit Hunt



1. Think ____! Be *fit*!
2. Make *fit* _____ choices to have energy to MOVE.
3. FOOD is _____ for your body.
4. The best beverage choice is _____!
5. Check the _____ to know your FOOD serving size.
6. Avoid eating food high in _____.
7. Your _____ is the driver of the choices you make.
8. Talk yourself into _____ every day.
9. Moving is great for our body and _____.
10. Your MOOD can tell you to _____ even though you are not hungry.
11. _____ gives you energy to make *fit* choices.
12. MOVE to _____ your energy.
13. Get 10-11 hours of sleep to _____ your energy.
14. _____ throughout your day to stay energized.
15. Turn your “I won’t” around to an “I _____” make a healthy choice.
16. Your MOOD influences your desire to _____.
17. Moving should be _____! MOVE every day!
18. _____ to MOVE in your day.
19. Your body is like a _____, it needs to RECHARGE to get energy.
20. Limit your time behind a _____. MOVE in your day.

fit Hunt (answer key)



1. Think **fit**! Be **fit**!
2. Make **fit** **FOOD** choices to have energy to MOVE.
3. **FOOD** is **fuel** for your body.
4. The best beverage choice is **water**!
5. Check the **label** to know your **FOOD** serving size.
6. Avoid eating food high in **sugar**.
7. Your **MOOD** is the driver of the choices you make.
8. Talk yourself into **moving** every day.
9. Moving is great for our body and **mind**.
10. Your **MOOD** can tell you to **eat** even though you are not hungry.
11. **RECHARGE** gives you energy to make **fit** choices.
12. **MOVE** to **boost** your energy.
13. Get 10–11 hours of sleep to **restore** your energy.
14. **Relax** throughout your day to stay energized.
15. Turn your “I won’t” around to an “I **will**” make a healthy choice.
16. Your **MOOD** influences your desire to **MOVE**.
17. Moving should be **fun**! **MOVE** every day!
18. **Plan** to **MOVE** in your day.
19. Your body is like a **battery**, it needs to **RECHARGE** to get energy.
20. Limit your time behind a **screen**. **MOVE** in your day.