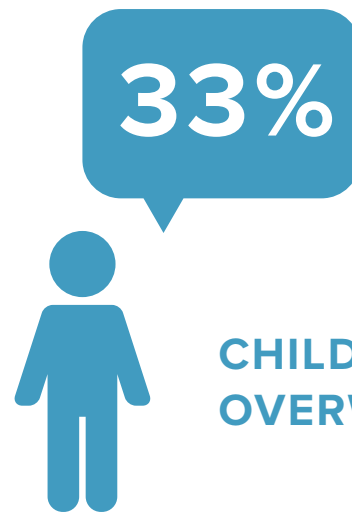


BECOMING A BETTER YOU

over 50% of teens



are unhappy with their bodies



CHILDREN WHO ARE
OVERWEIGHT OR OBESE

EASY SWAPS

try making small changes to become a better you



video games for bike riding



soda for fruit flavored seltzer



watching TV for walking the dog



potato chips for popcorn

SHARE YOUR TIPS #BETTER YOU

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LWA Student-Led Health Initiative: High schools students spreading awareness about health issues and empowering peers to make healthier choices.

Support provided by Jewish Healthcare Foundation.

References: CDC, 2012 Nemours Foundation, 2016