



Let's all be action heroes.

Did you know that horsing around with your children outside does a world of good inside? It improves energy, makes you feel good, and along with eating fruits and vegetables, can reduce the risk of type 2 diabetes and high blood pressure. So be an action hero with your kids. Get out and play actively for at least 30 minutes a day and eat more fruits and vegetables. For a list of local events to help you be an action hero visit www.healthyshasta.org or call (530) 229-8243.

HEALTHY

SHASTA
Better choices. Healthy changes.