

Welcome to the Health Fair

Proceed through the stations in any order, but make sure you get to each station. Go to the Checkout station when you are done.

☐ Registration

Name: _____
Height: _____ in. Age: _____
Weight: _____ lbs

☐ Water

☐ Exercise

☐ Live Temperately

☐ Lots of Fresh Air

☐ Nutrition

☐ Entire Trust in God

☐ Sunshine

☐ Sufficient Rest

☐ Checkout Station

Draw a line to match the correct picture with each station.

Thank you for joining us today!

For more information visit www.healthbythebook.org

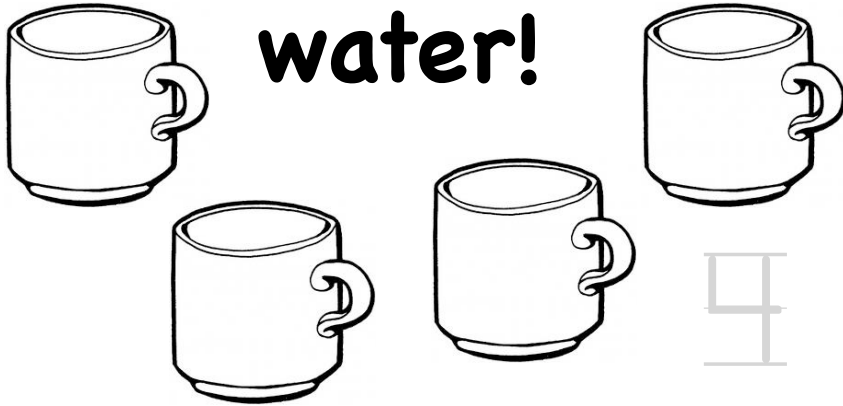


Growing up Strong!



W-WATER

Drink lots of
water!



Count the cups, then trace the number

Take a bath every
day!



Draw a picture of you in the bathtub

Help the little boy grow
up strong by finding the
right path.



Water

Exercise

Elive Temperately

Elots of Fresh Air

Nutrition

Entire Trust in God

Sunshine

Sufficient Rest

Trace the letters to finish the words

E-EXERCISE

**Run and play
outside every day!**

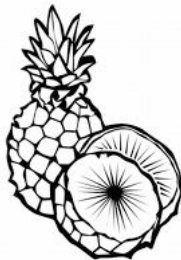
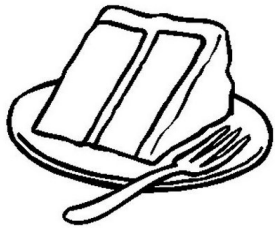
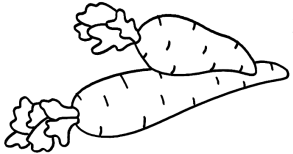


Draw a picture of you playing outside

L-LIVE TEMPERATELY



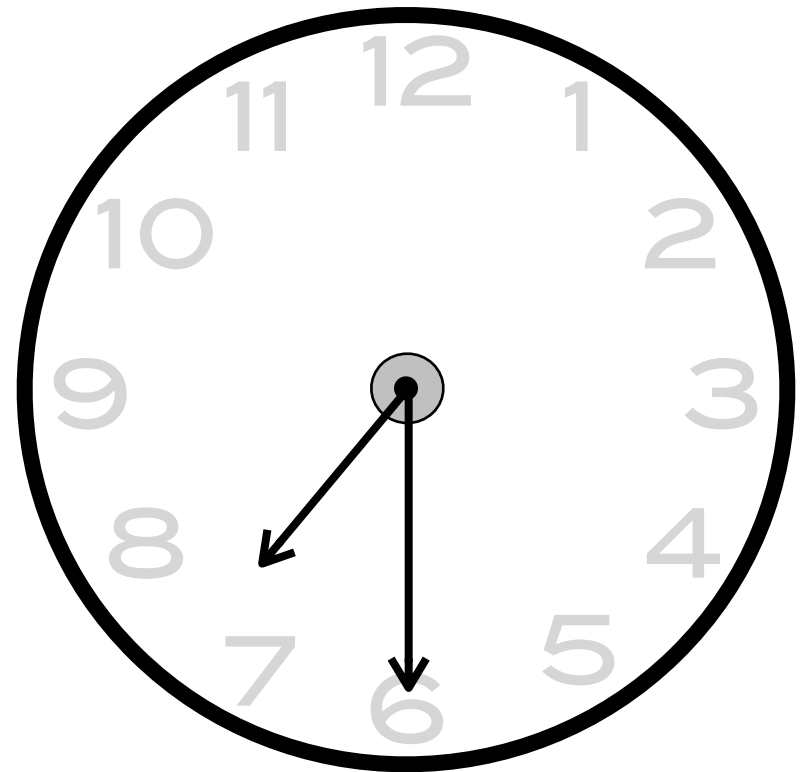
Stay away
from things
that are bad
for you!



Cross out all the things that are bad for you

S-SUFFICIENT REST

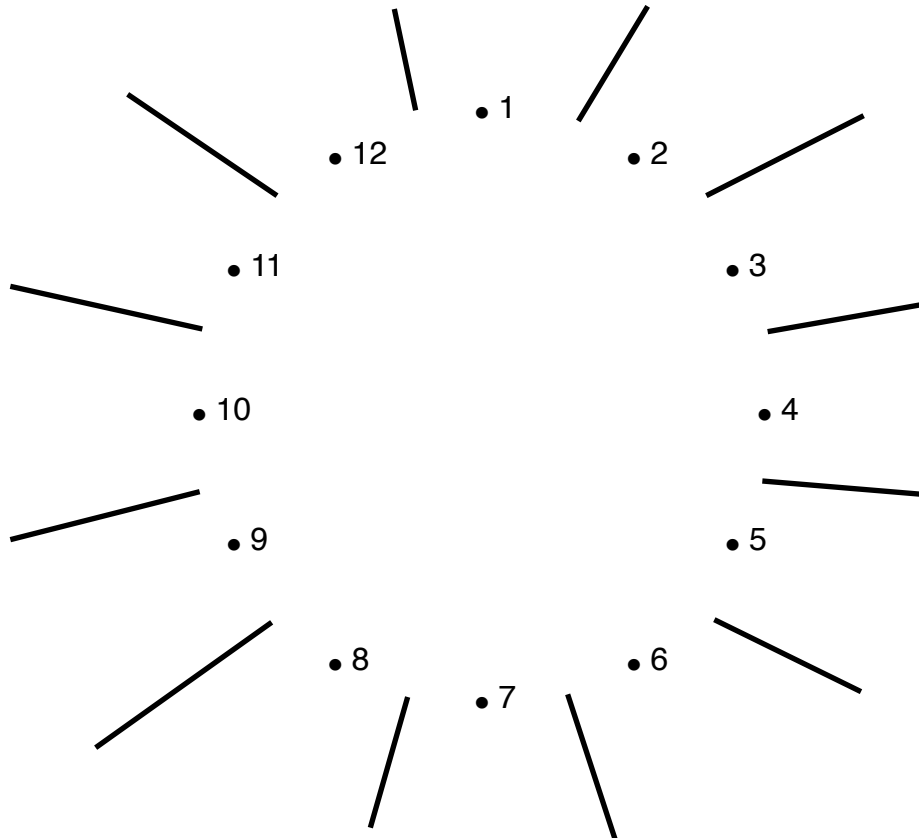
Get lots of sleep
every night!



Go to bed early!

Trace the numbers on the clock

S-SUNSHINE

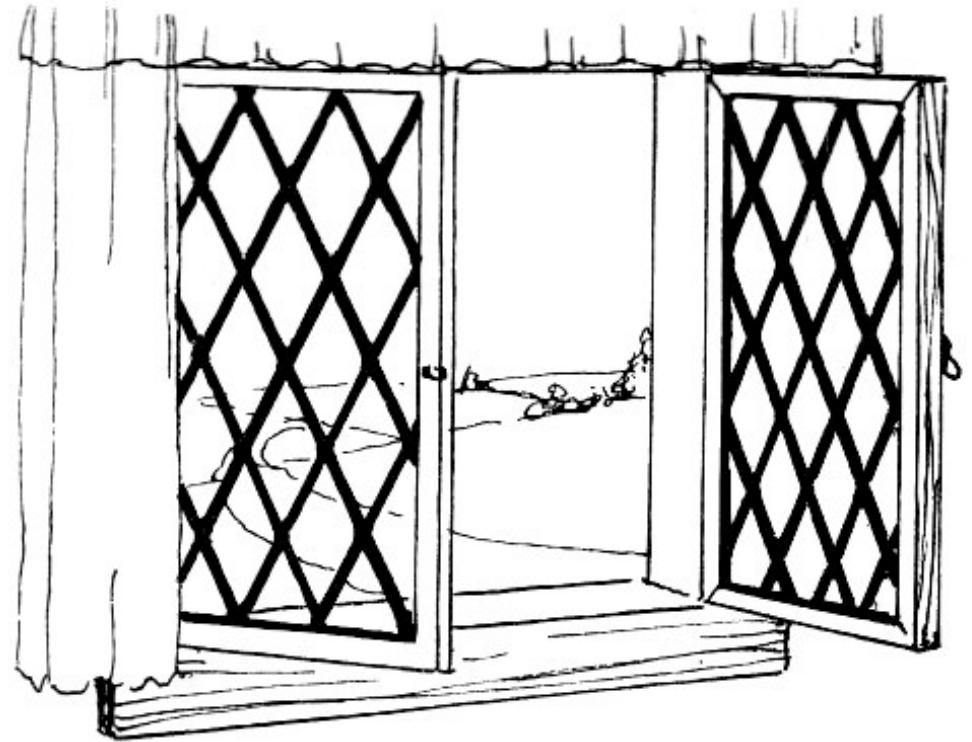


Connect the dots. Color the picture

**Spend a little time
in the sunshine
every day!**

L-LOTS OF FRESH AIR

Open the windows!



Take a deep breath!

Draw some clouds in the sky. Color the picture

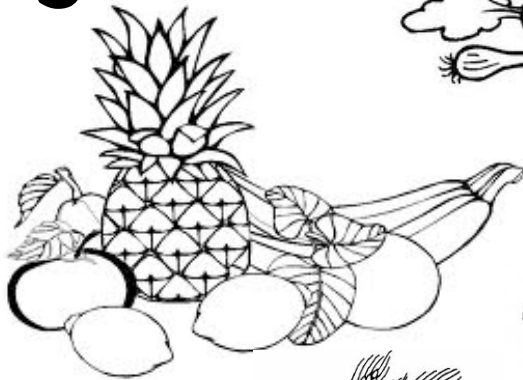
N-NUTRITION

Eat lots of

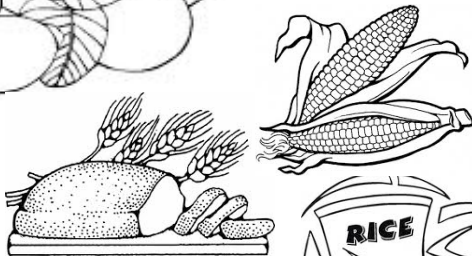
vegetables,



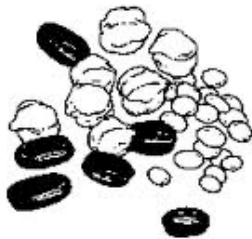
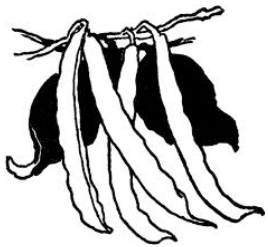
fruits,



grains,



beans,



nuts & seeds!



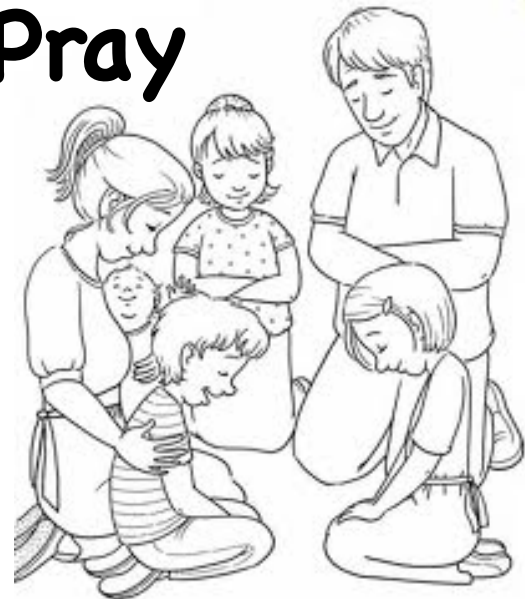
Color the pictures, circle your favorite foods

E-ENTIRE TRUST IN GOD

Read the Bible



Pray



Color the pictures