

HEALTHY LIFESTYLE



ACTIVITY BOOK



feel relaxed

Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Dancing is a good way to **be active**. How do you stay active?



be active

Fruits and Veggies Word Search

Fruits and veggies are **healthy foods**. We should eat them every day.

U	L	O	N	F	U	Z	H	U	T	G	R	A	P	E	S	I	P
V	U	S	K	D	W	A	I	U	K	P	I	G	P	O	I	P	F
O	P	W	C	A	R	R	O	T	S	X	M	Y	P	C	Y	I	B
C	W	A	H	I	V	E	X	Y	M	E	V	J	Z	Q	Y	N	A
P	E	A	C	H	E	S	F	P	E	P	P	E	R	S	A	E	N
I	J	C	U	C	U	M	B	E	R	S	V	H	Y	V	P	A	A
B	R	O	C	C	O	L	I	B	C	M	A	C	L	M	P	P	N
E	P	B	O	A	W	A	T	E	R	M	E	L	O	N	L	P	A
O	E	U	F	A	X	J	M	W	C	J	K	B	A	B	E	L	S
T	Y	B	S	V	M	M	K	H	J	U	O	J	W	D	S	E	O
D	C	T	T	X	E	Z	U	G	X	T	Y	W	Q	J	B	E	A
M	R	Z	S	U	Q	F	O	D	U	C	E	L	E	R	Y	A	J

APPLES
BANANAS
BROCCOLI

CARROTS
CELERY
CUCUMBERS

GRAPES
PEACHES
PEPPERS

PINEAPPLE
SALAD
WATERMELON



Connect the Dots

One way to stay healthy is to **get good sleep**. We should sleep 7-9 hours each night.

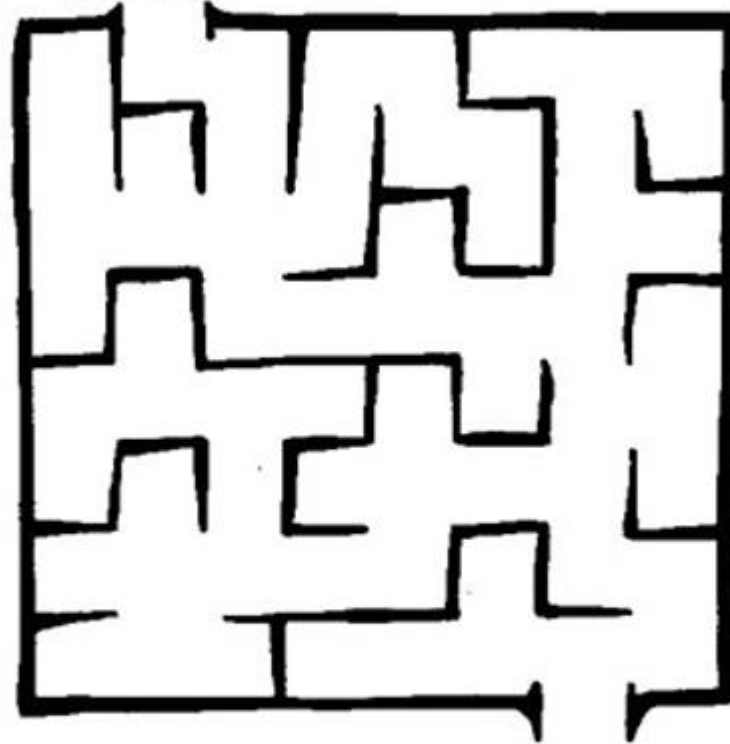




Leave the pop behind
and make your way to
healthier drink choices!



Start



★ WATER ★

Which food is healthier?



**EGGS WITH
TOMATOES**

OR



POP TART



**CARROTS WITH
HUMMUS**

OR



**FRENCH
FRIES**



**SALAD WITH
GRILLED CHICKEN**

OR



**MEAT SUPREME
PIZZA**



**TURKEY
SANDWICH**

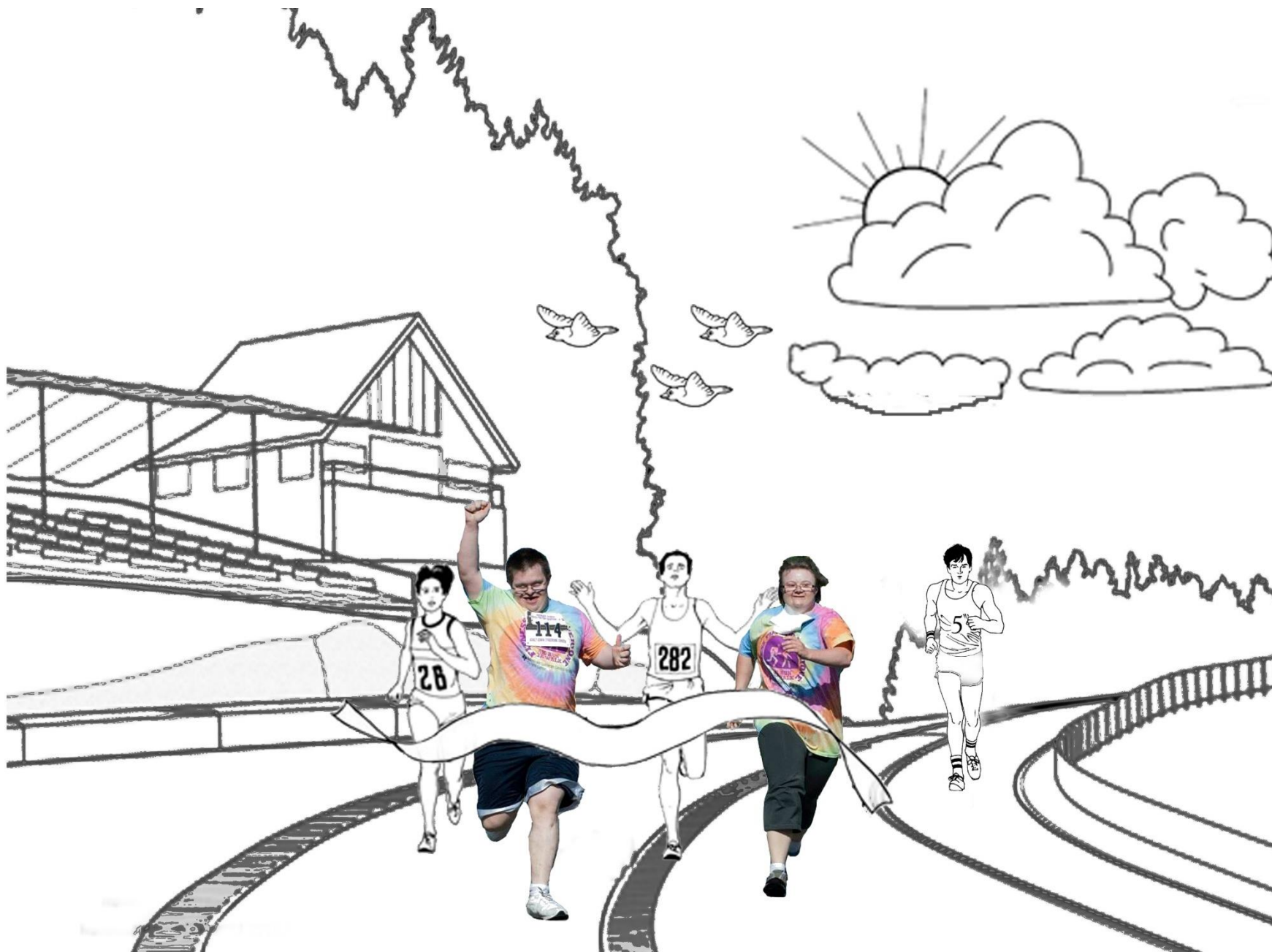
OR



**MOZZARELLA
STICKS**



How can you make your meals and snacks healthier?
Try to make one healthy change every day!



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Running is a good way to **be active**. How do you stay active?



DRINK WATER

HYDRATE TO BE GREAT!

How much water should we drink each day?

Circle the correct answer.



The answer is **C**. We should drink at least 64 oz. of water each day. That equals 8 small bottles of water (8 oz.) or 4 standard-size bottles of water (16 oz.).



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
We can cook meals and snacks with **healthy foods**. What is a healthy food you like?



GET GOOD SLEEP

Having a bedtime routine can help us **get good sleep**.

What do you do before you go to bed?

The pictures below show healthy activities you can do before you go to bed.

Circle the activities that you do.



brush teeth



wash face



go to
bathroom



write in
journal



pray



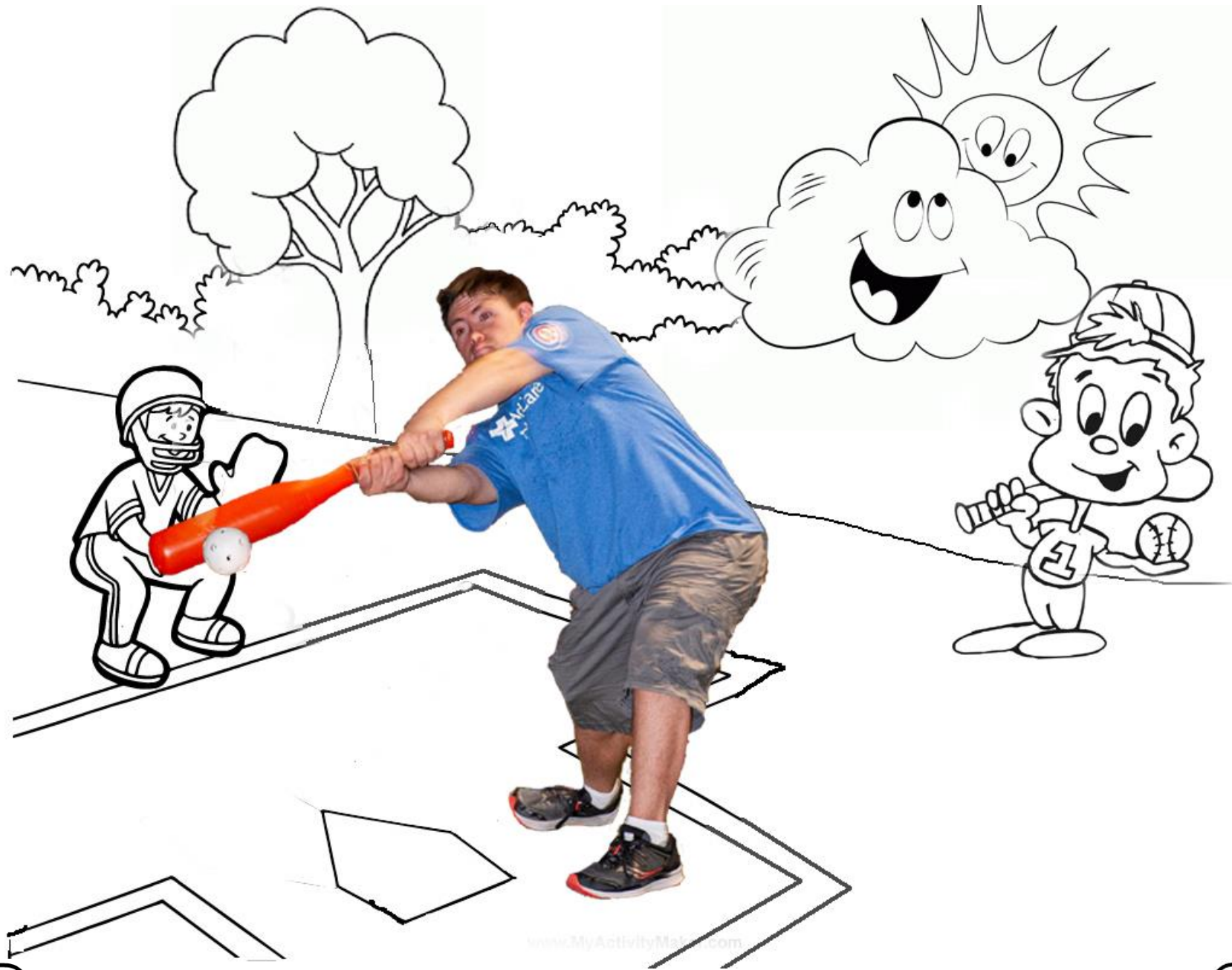
read



take deep
breaths

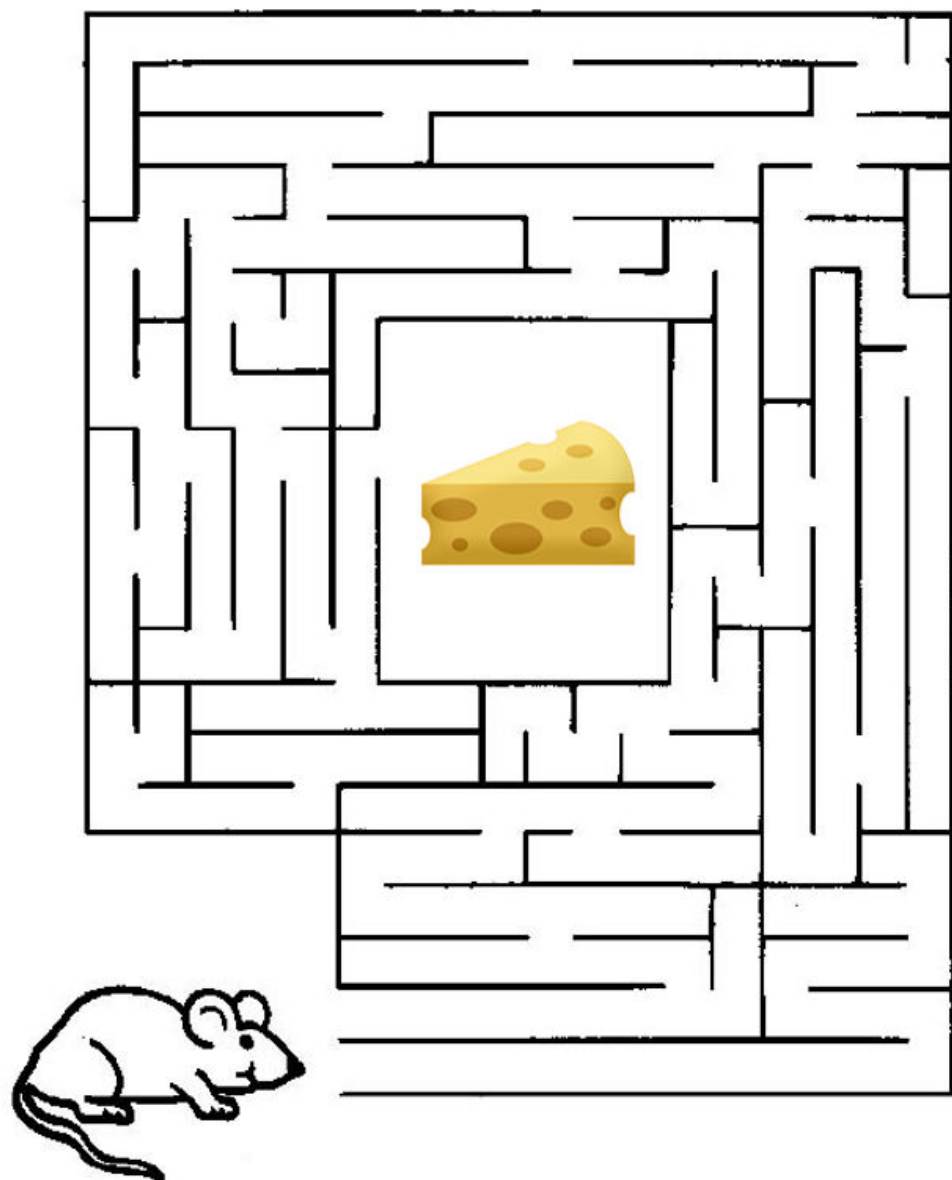


stretch



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Playing sports is a good way to **be active**. How do you stay active?





Help the mouse find the cheese!

Cheese is a healthy snack. Did you
know that cheese is in both the dairy
and protein food groups?

Can you think of other foods that
belong in multiple food groups?



Physical Activity Word Search

There are many ways to **be active**. Find some ideas in the word search below.

R	U	N	N	I	N	G	V	Y	G	H	W	Z	N	I	F	H	S
M	S	P	E	C	I	A	L	O	L	Y	M	P	I	C	S	R	H
B	C	F	W	X	N	L	U	V	A	E	G	O	J	L	K	A	O
C	P	Q	A	X	E	L	L	I	P	T	I	C	A	L	S	K	V
V	T	U	V	Z	S	P	O	R	T	S	Y	O	G	A	L	E	E
E	X	E	R	C	I	S	E	V	I	D	E	O	S	G	V	L	L
R	A	I	Y	D	C	Q	J	H	S	M	D	C	E	O	K	E	S
T	E	F	X	R	Y	F	V	U	P	Q	Q	A	V	R	V	A	N
Q	K	C	L	I	M	B	S	T	A	I	R	S	N	O	L	V	O
F	Y	C	N	I	G	M	S	F	W	T	P	G	Y	C	I	E	W
H	L	I	F	T	W	E	I	G	H	T	S	V	P	P	E	S	O
K	F	H	W	A	L	K	T	H	E	D	O	G	U	U	E	E	S

CLIMB STAIRS

DANCE

ELLIPTICAL

EXERCISE VIDEOS

LIFT WEIGHTS

RAKE LEAVES

RUNNING

SHOVEL SNOW

SPECIAL OLYMPICS

SPORTS

WALK THE DOG

YOGA



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Credits

- <http://www.goboardmaker.com/>
- <https://pixabay.com/>
- <https://www.pexels.com/>
- <http://liveloughrowe.com/wp-content/uploads/2015/08/Inspirational-Coloring-Page-and-Free-Printable-Live-Laugh-Rowe.pdf>
- <http://www.supercoloring.com/coloring-pages/concert-of-a-female-rock-band>
- <http://www.classroomdoodles.com/uploads/2/6/1/6/26162462/dance.pdf>
- <https://www.superteacherworksheets.com/generator-word-search.html>
- <http://www.connectthedots101.com/worksheet/11734-Jokey-Smurf-Sleeping-dot-to-dot>
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- <http://www.supercoloring.com/coloring-pages/man-marathon-runner>
- <http://www.supercoloring.com/coloring-pages/race-track>
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- <http://www.supercoloring.com/coloring-pages/finishing-the-marathon>
- <https://mastheadprintstudio.com/bird-color-pages-printable-2/>
- <http://www.supercoloring.com/coloring-pages/kitchen-in-minimalist-style>
- <http://clipart-library.com/coloring-pages-of-clouds.html>
- <http://clipart-library.com/pictures-of-trees-to-color.html>
- <http://www.getcoloringpages.com/coloring/14396>
- <https://www.bestcoloringpagesforkids.com/wp-content/uploads/2016/10/baseball-coloring-pages-for-kids.gif>
- <https://www.allkidsnetwork.com/mazes/detail.asp?fil=maze-mouse-apple.jpg>

Thank you to Dan Frank for developing the coloring pages.