

# CTA LIBERTY HEALTH HIGHLIGHTS

**EAT A BIG HEALTHY  
BREAKFAST EVERY  
MORNING.**



**GET PLENTY OF SLEEP. GO TO BED  
BY 9:00 OR SOONER. READ YOUR AR  
BOOK TO HELP YOU RELAX.**

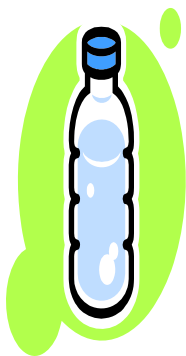


**RESEARCH SHOWS THAT KIDS  
WHO EAT A GOOD BREAKFAST  
GET BETTER GRADES. TRY  
SOMETHING NEW.**

**GET PLENTY OF EXERCISE  
EACH DAY.**



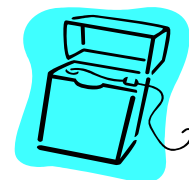
**A DAILY FAMILY WALK IS A  
GREAT WAY TO GET MOVING.  
MAKE IT FUN BY COUNTING  
THE TREES YOU PASS OR  
READ ALL THE SIGNS.**



**DRINK LOTS OF WATER**

**WATER IS NOT JUST FOR SUMMER.  
CONTINUE TO BRING YOUR WATER  
BOTTLES TO SCHOOL. TAKE THEM  
HOME EVERY WEEK & WASH THEM.**

**FEBRUARY IS DENTAL MONTH**



**BRUSH AND FLOSS AFTER  
EVERY MEAL. HUM A  
SONG TO MAKE IT FUN.**



**WASH HANDS OFTEN TO  
FIGHT GERMS. THIS WILL  
REDUCE SICK DAYS.**