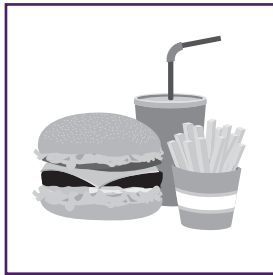


# HEALTHY OR NOT?

*Place an "X" under the picture you think is the brain-healthy option for each topic.*

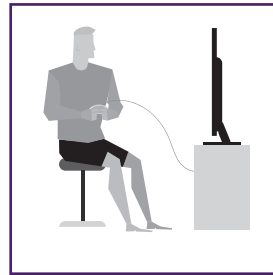
## NUTRITION



\_\_\_\_\_

\_\_\_\_\_

## EXERCISE



\_\_\_\_\_

\_\_\_\_\_

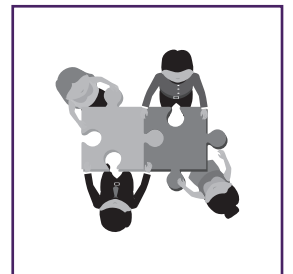
## PROTECT YOUR HEAD



\_\_\_\_\_

\_\_\_\_\_

## CHALLENGE YOUR BRAIN



\_\_\_\_\_

\_\_\_\_\_

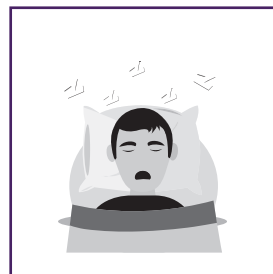
## GO TO SCHOOL



\_\_\_\_\_

\_\_\_\_\_

## GET A GOOD NIGHT'S SLEEP



\_\_\_\_\_

\_\_\_\_\_