

Food 300x250



Physical Activity – Adult 300x250



Physical Activity – Kid 300x250



Water 300x250



Physical Activity — Kid 160x600



Get your
kids
moving



make
chores
fun
with music



it may
help
prevent
obesity



You don't
have to be
perfect
**just
better**



**Click
for
more
tips**



For CalFresh information, call
1-877-847-3663. Funded by
USDA SNAP-Ed, an equal
opportunity provider and
employer.



Water 160x600



**Add
fruit
to
water**



it's a tasty
way to drink
water
instead
of soda



and may
help prevent
**type 2
diabetes**



You don't
have to be
perfect
**just
better**



**Click
for
more
tips**



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employer.



Food 728x90

Add berries
to breakfast cereal

make half your plate
fruits and
veggies

it may help **prevent**
obesity

You don't have to be perfect **just better**

Click for more tips

Physical Activity - adult 728x90



Park farther away



it's a doable way to
walk more

and may help prevent
high blood pressure



You don't have to be perfect **just better**



Click for more tips



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Physical Activity - kid 728x90

Turn your kid's
video games



into
ball games



it may help
prevent obesity



You don't have to be perfect **just better**



Click for more tips



cal fresh

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Water 728x90

Add fruit to water



it's a tasty way to drink
water instead of soda



and may help
prevent type 2 diabetes



You don't have to be perfect **just better**



Click for more tips



rethink
1000_C_0000K

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Physical Activity — Adult 300x600



**Get off
the bus**
one stop early



it's a doable way
to take more
steps



and may help
prevent
high blood pressure

You don't have to be perfect
just better



**Click for
more tips**



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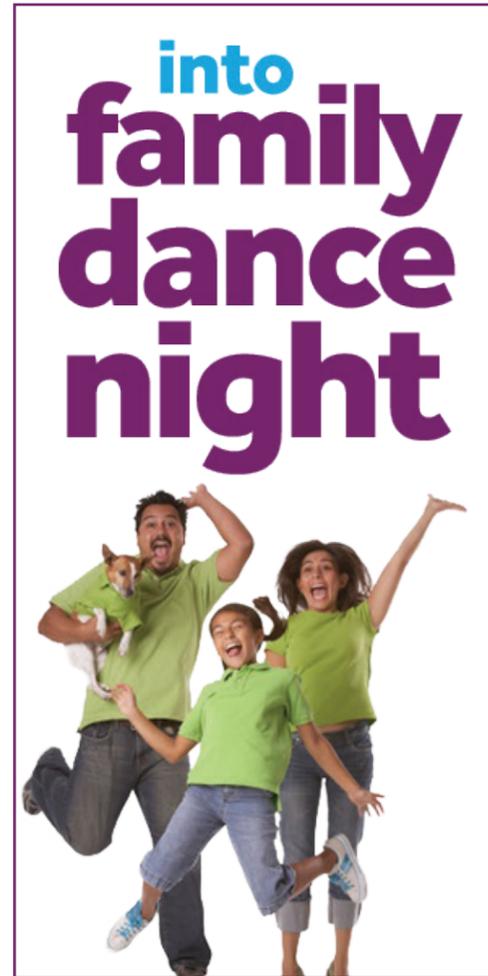


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Physical Activity — Kid 300x600



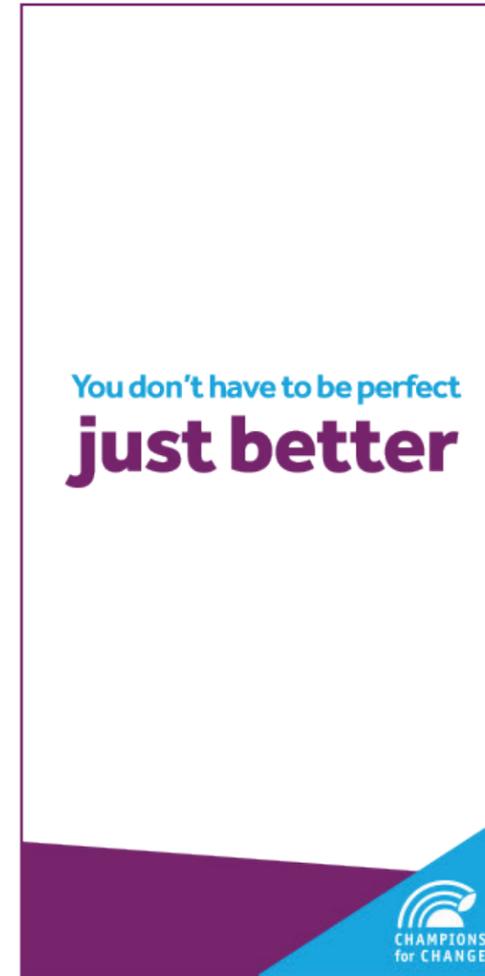
Turn
**Friday
night**



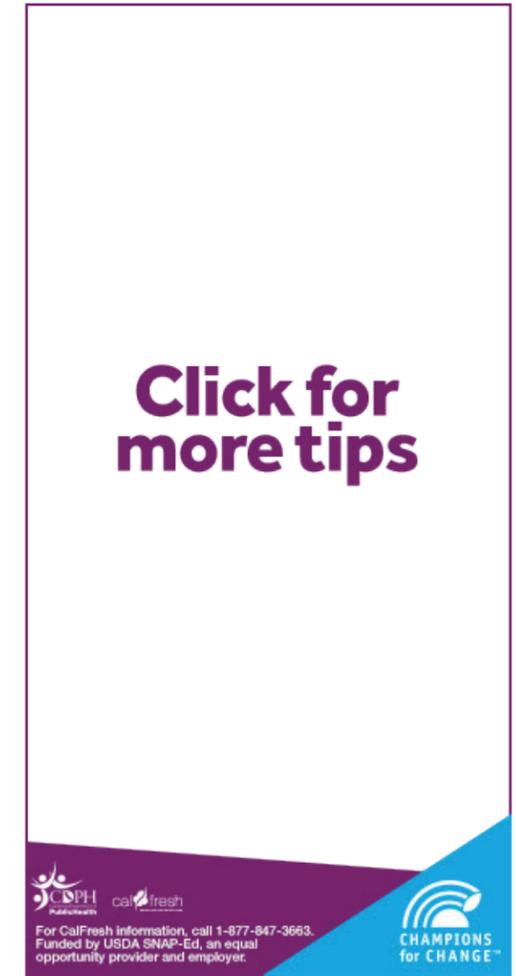
into
**family
dance
night**



to help
your kids get
**60 minutes
of daily activity**



You don't have to be perfect
just better



**Click for
more tips**

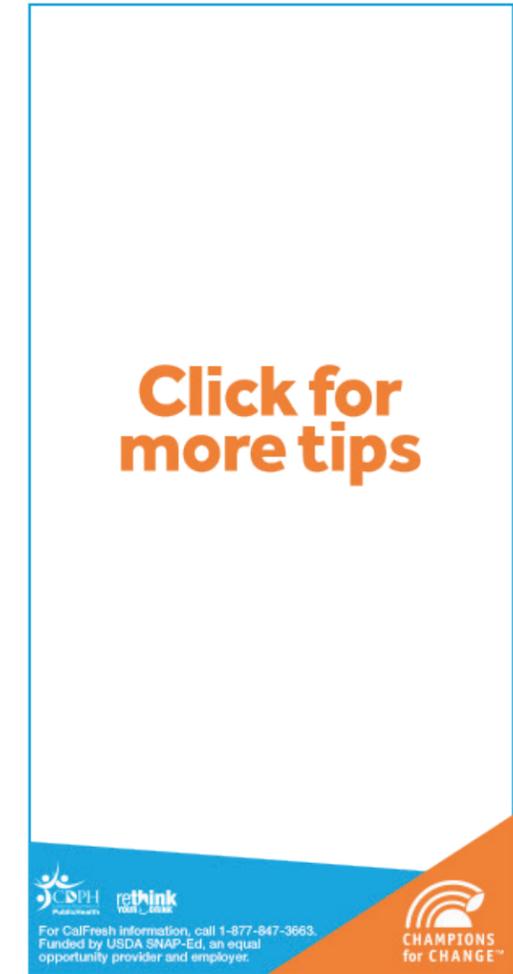
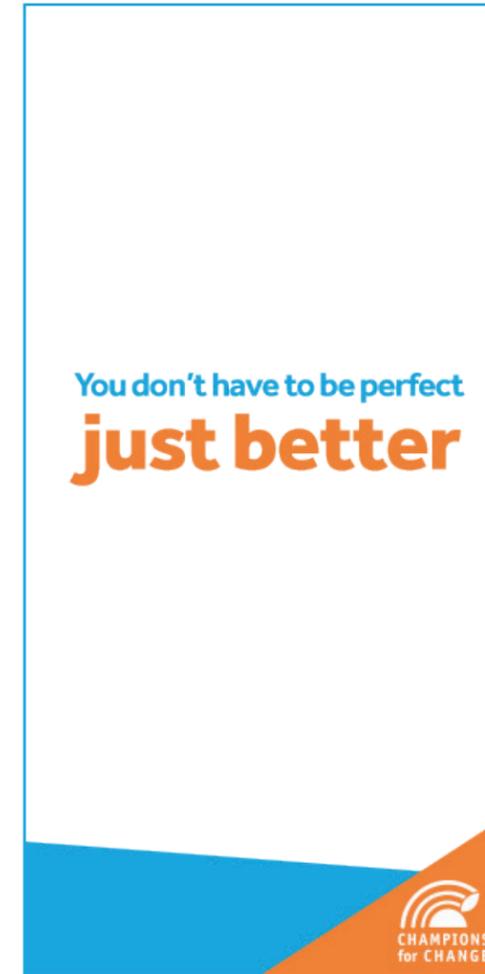
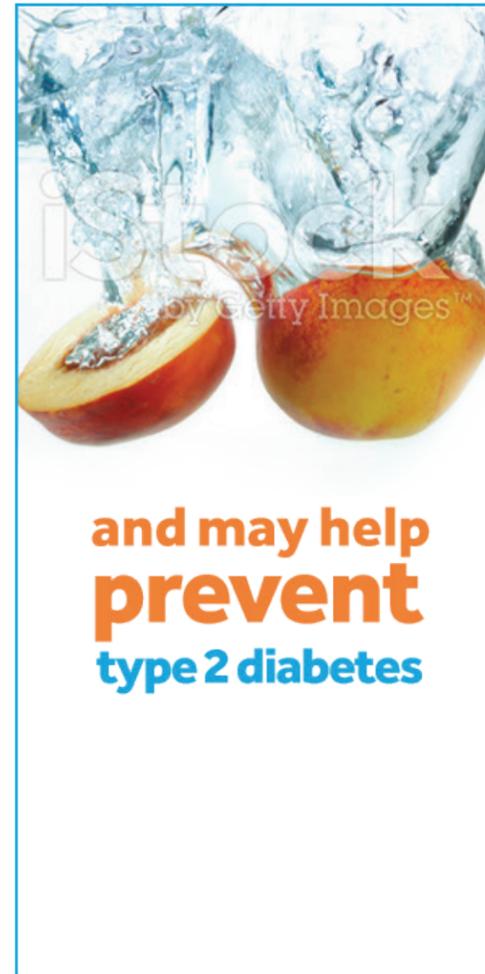


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Water 300x600



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**Add
veggies
to pasta sauce**

Click for more tips to
make half your plate
fruits and veggies

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 CHAMPIONS
for CHANGE™



**Add veggie
toppings to pizza**

Click for more tips to
make half your plate
fruits and veggies

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 CHAMPIONS
for CHANGE™



**Add berries
to breakfast cereal**

Click for more tips to
make half your plate
fruits and veggies

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 CHAMPIONS
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300x250



Walk
during lunch

Click for more tips to get
30 minutes of daily activity

CDPH Public Health cal fresh
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CHAMPIONS
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Walk
during lunch

Click for more tips to
get 30 minutes of
daily activity

CDPH Public Health cal fresh
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CHAMPIONS
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728x90



Parking farther away
helps you walk more



Click for more tips that
may help prevent
high blood pressure

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CHAMPIONS
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300x250



Take a spin
to help your kids get
60 minutes of daily activity

Click for more tips

 
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500x500

Turn video games into ball games



**Click for more tips that may
help prevent obesity**

 
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an equal opportunity provider and employer.


CHAMPIONS
for CHANGE™

728x90



**Turn video games
into ball games**

**Click for more tips that may
help prevent obesity**

 
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.


CHAMPIONS
for CHANGE™



**Drink water
with fruit
instead of soda**

Click for more tips to help
prevent type 2 diabetes

 
PublicHealth YOUR DRINK

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CHAMPIONS
for CHANGE™



**Drink water
with fruit
instead of soda**

Click for more tips to help
prevent type 2 diabetes

 
PublicHealth YOUR DRINK

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed,
an equal opportunity provider and employer.


CHAMPIONS
for CHANGE™



**Drink water with fruit
instead of soda**

Click for more tips to help
prevent type 2 diabetes

 
PublicHealth YOUR DRINK

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.


CHAMPIONS
for CHANGE™

468x90



Add berries
to breakfast cereal

Click for more tips to
make half your plate
fruits and veggies



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 CHAMPIONS
for CHANGE™

300x600



Get off
the bus
one stop early
to take more steps

Click for more tips that
may help prevent
high blood pressure

 
For CalFresh information, call 1-877-847-3663.
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CHAMPIONS
for CHANGE™

468x90



Parking farther away
helps you to walk more

Click for more tips that
may help prevent
high blood pressure

 
For CalFresh information, call 1-877-847-3663. Funded by
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CHAMPIONS
for CHANGE™

**Get your
kids
moving
with chores**



**Click for
more tips
that may help
prevent
obesity**

 
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**Turn Friday night into
family dance
night**

**Click for more tips
to help your kids get
60 minutes of daily activity**



 
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**Take a spin to help
your kids get 60 minutes of daily activity**



**Click for
more tips**

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160x600

300x600

468x90



Drink water with fruit instead of soda

Click for more tips to help prevent type 2 diabetes

 
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.





Drink water with fruit instead of soda

Click for more tips to help prevent type 2 diabetes

 
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.





Drink water with fruit instead of soda

Click for more tips to help prevent type 2 diabetes

 
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320x50



300x50



320x480

Turn video games into ball games

Click for more tips that may help prevent obesity

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480x320

Turn video games into ball games

Click for more tips that may help prevent obesity

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320x50



300x50



320x480



480x320



Food 970x66 and 970x418 Pushdown

Rollover to nourish better



Top your tacos with veggies

Click for more tips to make half your plate fruits and veggies



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.



PA Adult 970x66 and 970x418 Pushdown

Rollover to unwind better



Turn screen time into stretch time

Click for more tips to get 30 minutes of daily activity



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.



PA Kid 970x66 and 970x418 Pushdown

Rollover to help your kids play better



**Turn screen time
into play time**

**Click for more tips to help your kids
get 60 minutes of daily activity**



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Water 970x66 and 970x418 Pushdown

Rollover to refresh better



Drink water with fruit instead of soda

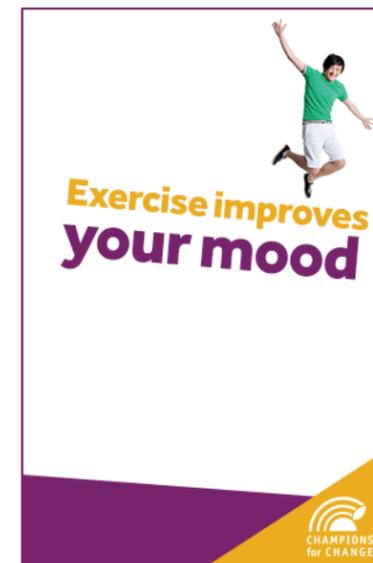
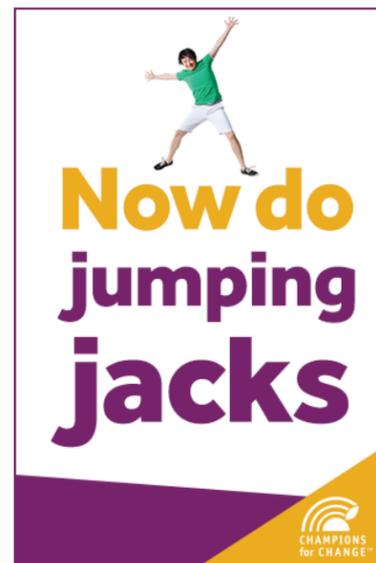
Click for more tips to help
prevent type 2 diabetes



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Mobile Animated 320x480



Mobile Animated 480x320

