

# The power to FEEL GOOD and LOOK GOOD OUR CHOICE, OUR LIFE



## LET'S MOVE—ONE HOUR A DAY!

ONE IN EVERY THREE CALIFORNIA TEENS IS OVERWEIGHT OR OBESE. PHYSICAL ACTIVITY AND HEALTHY EATING CAN HELP PREVENT OBESITY, DIABETES AND HEART DISEASE. IT'S FUN TO BE PHYSICALLY ACTIVE!  
WALK • BIKE • DANCE • SKATEBOARD • SWIM • GARDEN • HIKE • PLAY BASKETBALL, SOCCER, VOLLEYBALL, FRISBEE®, HACKY SACK® AND MORE

### Multicultural Health Month April 2011

This message is brought to you by the Office of Multicultural Health, California Department of Public Health and Department of Health Care Services.

