

# START *Strong* KIDS!



# START *Strong*



For more healthy living resources, please visit [www.HealthyLivingRevolution.com](http://www.HealthyLivingRevolution.com).

## Welcome to the Start Strong Challenge!

As caring adults, we all want our children to live long, healthy lives. We know that the key to foundational health and happiness comes from eating healthy foods, moving, drinking plenty of water and getting enough sleep every night.

The Start Strong Challenge is a fun way to encourage the special children in your life to make healthy choices... choices that will last a lifetime!

In this little document, you will find some valuable resources that could make a world of difference for the special children in your life.



- ◆ Use the **Lunchbox Planning Guide** as you shop for groceries to pack healthy lunches for your children (or anyone else) that they will love!
- ◆ Keep the **Delicious Snacks for Children** sheet handy in your kitchen for those moments when you find yourself looking for a healthy snack but can't quite find one that would be satisfying.
- ◆ Encourage your child to participate in the **Start Strong Challenge**. Here's how:

1. Print off one of the Start Strong Challenge sticker sheets for each child who will be participating and post them in a prominent place in your home. (There are two different sheets available in this packet- feel free to alternate for variety if your child wants to do this more than once. There is also a blank sticker sheet if you would like to create your own challenge.)
2. Read through each of the 20 items with your children and make sure they understand each of the healthy choices.
3. Every day, give your children the opportunity to put a sticker on the squares for the healthy choices they made during that day.
4. When all 20 spaces are filled up, congratulate your children and give them one of the certificates included in this packet to celebrate! You may also choose to give them another incentive for fun... consider going on a special family outing or doing some fun family activity that would be a treat for your children.

Along with the resources included in this packet, we also recommend that both children and adults eat Juice Plus+® every day. For more information about Juice Plus+®, please contact the person who shared these resources with you or visit [www.HealthyLivingRevolution.com](http://www.HealthyLivingRevolution.com)

**Best wishes to you and those special children in your life!**

# Start Strong Challenge Lunchbox Planning Guide

How to use this:

1. Print off a copy
2. Have your child(ren) choose which foods they would like as options in their lunch box from the list below before you go grocery shopping
3. Check off which foods they would enjoy directly on the shopping list
3. Purchase at least a week's worth of food at a time for efficiency
4. If you have enough reusable containers, you can quickly assemble several days worth of lunches at a time!

## FRUIT

- Spiral cut apples
- Orange wedges
- Frozen berries
- Strawberries
- Watermelon cubes
- Grapes
- Dried fruit
- Banana
- Applesauce cups
- Cantaloupe cubes
- Pineapple chunks
- Strawberries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## VEGETABLES

- Baby carrots
- Cherry tomatoes
- Celery stalks
- Olives
- Bell pepper slices
- Salsa (w/ GF chips)
- Avocado slices
- Salad
- Broccoli trees
- Cauliflower trees
- Cucumber wheels
- Green beans
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## STARCHES

- Sweet potato chips
- Popcorn
- GF crackers
- Seasoned Rice
- GF pasta
- GF tortilla
- GF pretzels
- Rice Cake
- Quinoa salad
- \_\_\_\_\_
- \_\_\_\_\_

## ODDS and ENDS

- Napkins
- Plasticware
- Plastic bags
- Water bottles
- Reusable containers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PROTEINS

- Nuts
- Hummus
- Granola
- Sunflower seeds
- Juice Plus+® Complete Shake
- Juice Plus+® Complete Bar
- Bean Salad
- Edamame
- \_\_\_\_\_
- \_\_\_\_\_
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## NOTES

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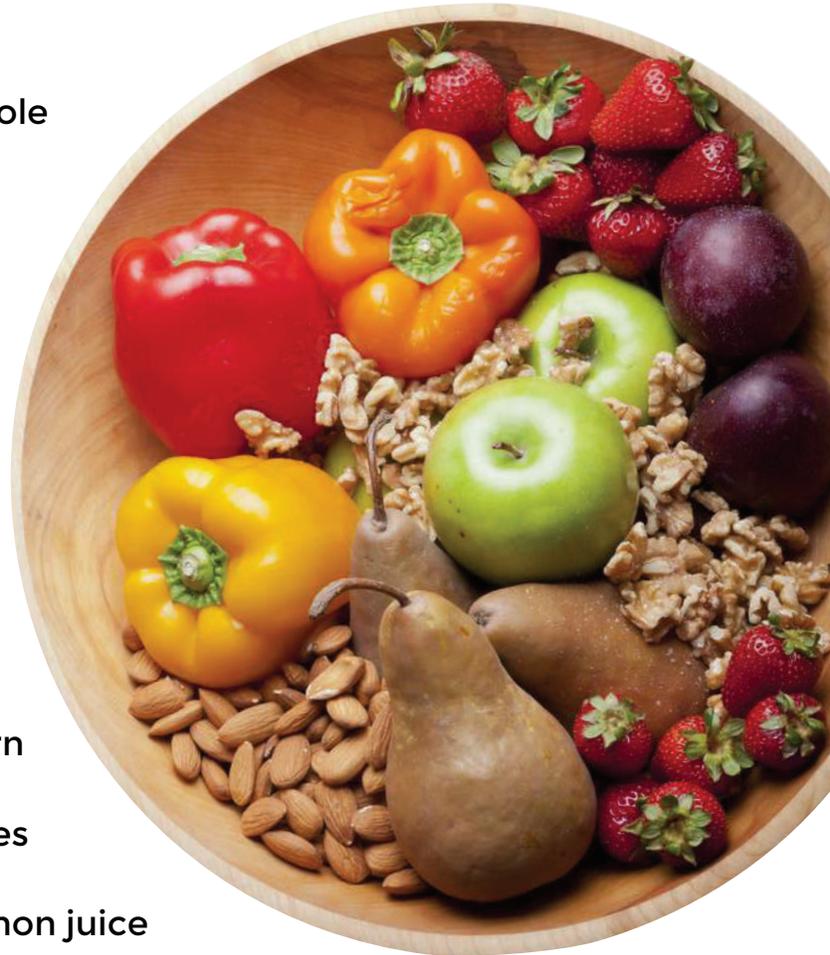
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GF = Gluten Free

## DELICIOUS SNACKS FOR CHILDREN

- Raw veggies, cut and stored in the refrigerator (carrots, cucumbers, celery, tomatoes, broccoli, peppers, cauliflower, snap peas, and more!)
- Complete Pudding (Mix one packet/scoop of chocolate or vanilla Complete mixed with a small amount of plant milk to desired consistency.)
- Veggies with Hummus or Guacamole
- Fresh Fruit (apples, cantaloupe, melon, pineapple, pears, plums, grapes, oranges, mangos, berries)
- Apples or Celery & Peanut Butter (use only natural peanut butter)
- Raw nuts or seeds
- Plain oatmeal topped with berries or fruit
- Plain air popped non-GMO popcorn
- Dates, figs, raisins, dried cranberries
- Sliced avocado with sea salt or lemon juice
- Kale Chips (Toss bite-size pieces of kale with light extra-virgin olive oil and sea salt. Ask an adult to help you bake it at 350°F on parchment paper for 7-9 minutes until crispy!)
- Grilled Peaches (Brush peach wedges with coconut oil or ghee and grill on medium heat for 4 minutes per side. Be sure to ask an adult for help!)
- Cauliflower Popcorn (Toss cauliflower pieces in light extra-virgin olive oil and sea salt. Ask an adult to help you bake them for 45-60 minutes at 425°F on parchment paper turning them 3-4 times.)

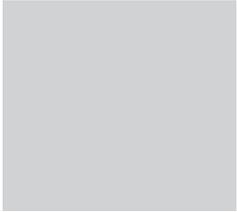


# START *Strong*

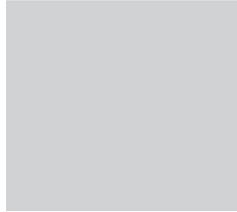


## Healthy Living Challenge **3 to 6 Year Olds**

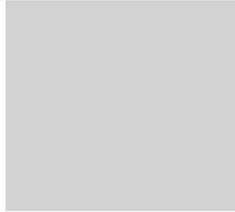
**DIRECTIONS:** Fill up the page with stickers for every healthy choice you make!



**Sit quietly for 1 minute and take 10 deep breaths.**



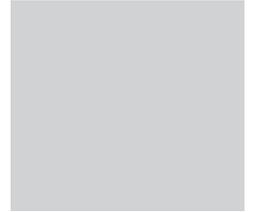
**Make a healthy snack for your family.** Get help from an adult.



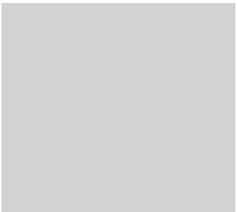
**Exercise Break:**  
Do 10 sit-ups,  
Jog in place for 1 minute



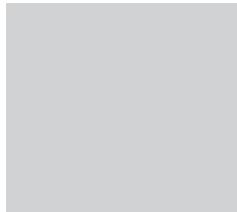
**Play catch for 5 minutes.**



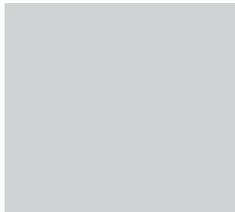
**Do something helpful for someone else.**



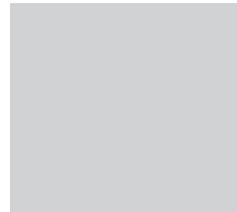
**Make a rainbow smoothie with at least 5 colors of fruits & veggies.**  
Get help from an adult.



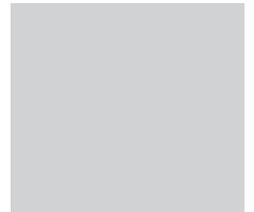
**Help with grocery shopping.** Pick out one new vegetable and one new fruit to try.



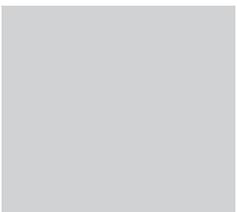
**Exercise Break:**  
Do 10 Arm Circles,  
10 Jumping Jacks,  
10 High Knees



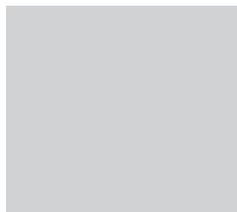
**Do super hero pose 10 times.**  
On tummy-lift both arms and legs



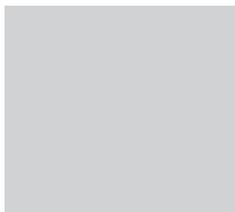
**Draw a picture of 3 things that make you happy!**



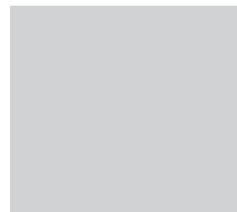
**Dance to music for 5 minutes!**



**Help an adult cook dinner.**



**Exercise Break:**  
Go for a bike or tricycle ride.



**Set the table for a meal.**



**Make a rainbow salad with an adult.** Try to get 5 different colors of fruits or veggies.



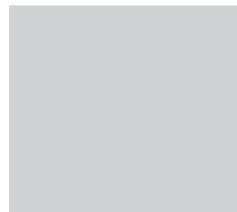
**Do stretches with an adult before bedtime.**



**Play outside for 30 minutes.**



**Exercise Break:**  
Go for a walk with your family.



**Drink a glass of water 5 times in one day!**



**Draw a picture on a paper plate of your favorite healthy foods.**

# START Strong

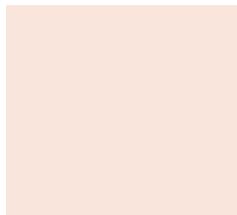


## Healthy Living Challenge 7 to 11 Year Olds

**DIRECTIONS:** Fill up the page with stickers for every healthy choice you make!



**Sit quietly for 2 minute and take 10 deep breaths.**



**Draw a picture of your favorite place.**



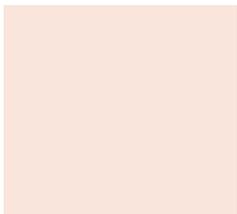
**Make a healthy snack for your family.**



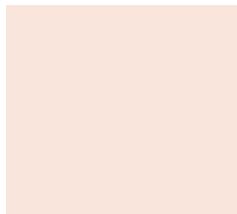
**Play catch for 15 minutes.**



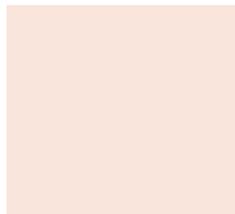
**Jog in place for 3 minutes.**



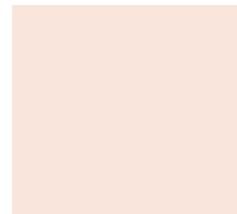
**Do a good deed for a friend or a neighbor.**



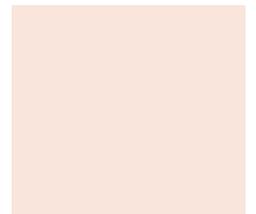
**Make a rainbow smoothie with at least 5 colors of fruits and vegetables.**



**Help with grocery shopping.** Pick out one new vegetable and one new fruit to try.



**Exercise Break:** Do 20 Crunches, 100 Jumping Jacks, 50 High Knees



**Make a list of 10 things you are grateful for.**



**Dance to 3 different songs and never stop moving.**



**Help plan and cook a healthy dinner.**



**Set and decorate the table for a meal.**



**Pack your own lunch for school or a picnic.**



**Go for a bike ride.**



**Make a rainbow salad.** Try to get 5 different colors of fruits or veggies.



**Play outside for 1 hour.**



**Go for a walk or a hike with an adult.**



**Drink 8 glasses of water in one day.**



**Write 5 good things that happened today in a notebook or journal.**

# START *Strong*



## Healthy Living Challenge **Create Your Own**

**DIRECTIONS:** Fill up the page with stickers for every healthy choice you make!

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*Congratulations!*

**START** *Strong*

Ambassador

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Name

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Signature

Date



*Congratulations!*

**START** *Strong*

Ambassador

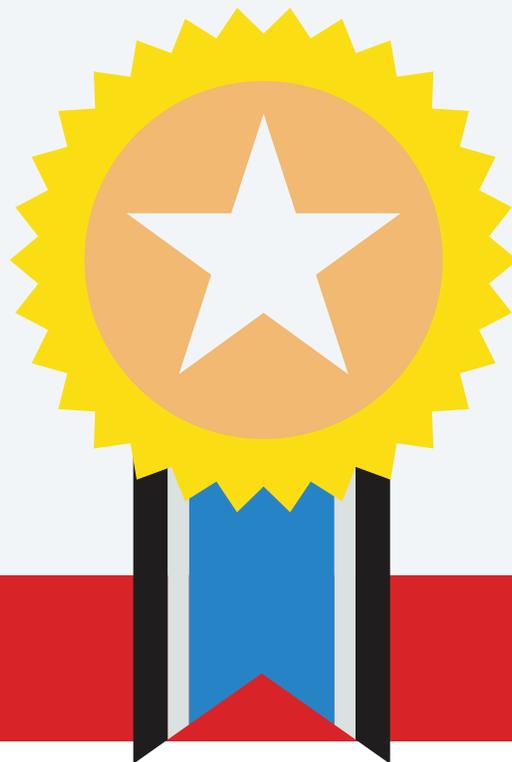
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*Congratulations!*

**START** *Strong*

Ambassador

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Name

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