

# POWER UP!

*Eat healthy and get physical activity  
to stay fit and look better!*



**MORE  
ENERGY!**

**SHARPENS  
YOUR MIND!**



**More energy for  
social time with family  
and friends**



**Better  
mood!**



**STAY FIT!**



**REDUCE  
YOUR  
RISK OF  
ILLNESSES**



**Healthier  
complexion,  
hair, nails  
and teeth**

If we have more healthy choices, we'll be able to have healthier lives. For more information, contact:  
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