

aetna®

AETNA BETTER HEALTH®
OF VIRGINIA

A word cloud featuring various health and lifestyle terms. The words are arranged in a vertical, overlapping fashion. The colors used are black and blue. The words include: Playground, Soccer, Biking, Games, Wii, Trampoline, Learn, Healthy, Tag, Play, Study, Sprint, Vegetables, Sleep, Kind, Golf, Frisbee, Lifestyle, Jump rope, Volleyball, Fitness, Hula hoop, Smile, Stretch, Eat, Exercise, Run, Balanced, Kids, Reading, Diving, Track, Scouts, Longboard, Grow, Dream, Walk, Nutrition, Gym, Dance, Baseball, Sports, Jog, Breakfast, Believe, Skateboard, Climbing, and Stronger.

Are you a healthy kid?



Five ways to be healthy

- Eat a variety of healthy foods
- Drink water and milk
- Get plenty of sleep
- Limit screen time
- Be active

How do you think Ted E. Bear, M.D.SM stays healthy?

(circle the correct answer)

- a. eats only cotton candy
- b. drinks a lot of soda pop
- c. stays up past bed time
- d. dances to stay active

Visit www.aetnabetterhealth.com/virginia/kidshealth to find out more ways you can be healthy