

## **Cafeteria Line Messages**

### **Energy Balance: Energy In/Energy Out, Grade 8**

#### **Activity Balance Messages:**

- Eating HEALTHY and stepping help me!
- Re-energize!
- Fruit in the pool? We like it anywhere.
- Breakfast... great for testing and staying active.
- Fuel your activity.
- Balance your lifestyle.
- Be healthy... fuel your body and your brain!
- Boost your energy be active!
- Find your balance.
- Fuel your body, keep it active!
- Left or right. Choose something colorful and bright.
- Smile, laugh, and live healthy.
- A HEALTHY Balance
- Balance Your Food and Exercise
- Blend Into a HEALTHY Life
- Choose a HEALTHY Breakfast to Stay Fit
- Cover Your Bases - Eat HEALTHY!
- Eat Fruit to Improve Your Game
- Eating Fresh Veggies Gives Me a Lift!
- Eating HEALTHY Food Gives Us the Strength We Need
- Fruits and Veggies Help Make You Strong and Tough
- Fruits Make a HEALTHY Mind
- Go Long and Catch HEALTHY!
- HEALTHY Foods Are a Sure Shot
- HEALTHY Is a Slam Dunk
- Keep Reaching for HEALTHY Choices
- Putting HEALTHY Up Front
- Reach for HEALTHY
- Skateboarders Dig Fresh Fruit
- Take Action - Eat HEALTHY!
- Totally Awesome Fruit, Totally Awesome Friends
- Eat healthy, stay active, drink water, and have fun.

#### **Cafeteria Balance Messages:**

- Breakfast... great for testing and staying active. (CLM)
- Fuel your activity. (CLM)
- Part of being healthy is balancing the calories you take in from food and drink with the calories your body uses.
- You can make choices about the calories you take in from food and the calories you use in physical activity.
- Walking for 30 minutes burns about 100 calories.
- Biking for 10 minutes burns about 100 calories.
- Running for 10 minutes burns about 100 calories.
- Swimming for 20 minutes burns about 100 calories.
- Playing basketball for 15 minutes burns about 100 calories.
- Fast dancing for 30 minutes burns about 100 calories.

## Cafeteria Line Messages

### Energy Balance: Energy In/Energy Out, Grade 8

#### General Messages:

- Know the facts.
- Laugh together, play together, be healthy together.
- Taste the rainbow
- Be young, have fun, BE healthy
- Pure healthy. Pure power
- healthy - Think different
- I can't believe it's healthy
- healthy - go for it!
- healthy? Yes please\*
- Think. Feel. Rock HEALTHY
- HEALTHY Groove\*
- Be all that you can be. HEALTHY.
- The HEALTHY generation\*
- Absolutely, positively, HEALTHY!
- Spreading the Healthy News.
- We choose different things but being HEALTHY is the same.
- Supersize your HEALTHY habits.
- HEALTHY. Is it in you?
- Think HEALTHY
- I'm HEALTHY!
- Help your friends choose HEALTHY.
- HEALTHY- It's for everybody!
- Choose your favorites.
- An apple a day keeps the doctor away.
- Do what's good for your heart and get a healthy start.
- Grow healthy.
- Have fun and be healthy!
- Have fun and choose to be healthy.
- Laugh, love, and live healthy.
- Join the healthy team.
- Make healthy your goal.
- Reach for what's right.
- The greatest wealth is health.
- We like them all!
- Being HEALTHY is Easy with String Cheesy!
- Blend Into a HEALTHY Life
- Catch the HEALTHY Wave!
- Eating HEALTHY is Easy with Friends
- Got HEALTHY?
- Keep Reaching for HEALTHY Choices
- What's Your HEALTHY Choice?
- Don't Pass Up a HEALTHY Lifestyle
- Build your own healthy lifestyle.
- HEALTHY is a way of life.
- eat healthy be healthy
- eat healthy be healthy
- eat smart for your heart