

# CHECK. UP.

the big number

# 78

More than three-quarters of Americans (78%) report having a routine physical exam in the past year.



What's the best way to know what's UP with your health? **Get a CHECK UP!** In just a brief visit, a doctor will (among other things) **note** your blood pressure, heart rate, respiration, and temperature; **check out** your tonsils, teeth, gums, ears, nose, eyes, abdomen, and skin; **examine** your reflexes, muscle strength, joints, and balance; track your height and weight; and **talk to you** about any issues or questions you have. **WOW! That's a lot!** So here's a heads-UP to UP your chances for waking UP healthy every day: get that regular CHECK UP. **Whether you're young or old or somewhere in between,** a doctor visit can help you find and fix problems before they crop UP!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"CHECK. UP."

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### PLANTS

The best diet when you're preparing for a physical is also the best diet to eat anytime: one that's mostly fresh, whole foods – including sensible portions of fresh meat, poultry, dairy, and fish, but mostly PLANTS that grow out of the ground – fresh veggies, fruits, and whole grains.



## LIVE HEALTHIER

Used to be, a yearly physical was recommended for all. Now, the American Medical Association says everyone under 18 and over 65 should definitely get an annual checkup, but anyone between those ages who is generally healthy, is not taking prescription medicine, and does not have risk factors can get a full physical every three years or so. Ask your doctor what he or she believes is best for you and your family!



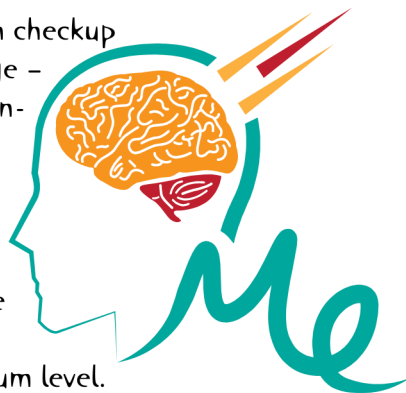
## PLAY HARDER



School athletes may be required to get a "sports physical" – which is not the same as a wellness physical. The sports exam is more limited and focuses on the athlete's health only as it relates to playing sports. To save time (and \$\$\$) ask your doctor to do both at once.

## LEARN EASIER

A well-child or well-teen checkup – or a checkup at any age – is more than just an open-up-and-say-"AHHH" physical. Your doctor will also check your emotional and mental well-being, to help make sure you are learning – and living – at an optimum level.



**First things First**

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Looking forward to next year, we're happy to report that these efforts, which have already led to increased fruit and vegetable consumption by American students, will continue!

**DON'T GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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