



# 12 Things to TRY for 2012

Ready to start the year off right?

Use this 2012 TRY It Kit to find fun things to try throughout the year that can bring out the best in you.

## 12 for 2012

### 1 FILL'ER UP WITH FRUITS & VEGGIES

TRY filling half of the plate with fruits and veggies at each meal – fresh, frozen, canned...they all count! The extra vitamins and minerals will boost any body's performance.



### 2 STRRRRRETCH

Hunchbacks hurt! TRY stretching stiff muscles to stay flexible and energized. Reach up to the sky, out to the sides, behind you, and hold each stretch for five seconds.



### 3 GO FOR H2O

Thirsty? TRY drinking a glass of water with every meal. It helps keep our brains focused and busy bodies energized.



### 4 PLAY BALL

TRY a new sport every season and make exercise exciting. From b-ball to bocce, join a team with family or friends and get in the game!



### 6 TAKE A NEW TREK

Gather the family weekly and TRY walking around the neighborhood. You'll make new discoveries in your own backyard while staying fit!



### 5 SWAP SNACKS

Got snacks? TRY swapping candy and chips for your fave fruits or veggies. Small changes spell big results -- for your body, mind, and mood!





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## 7 CATCH YOUR BREATH

Feel stressed sometimes? TRY taking five long, deep breaths -- five seconds in, five seconds out. This skill helps you relax and gives you energy to move on!

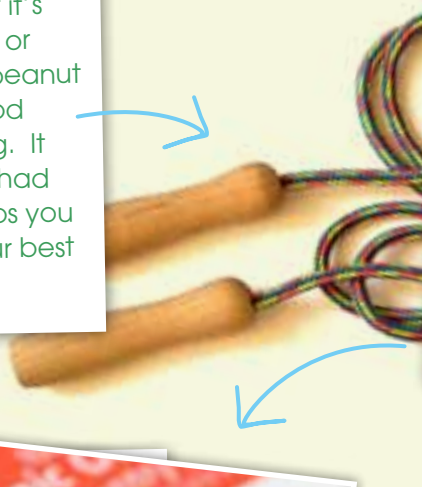
## 8 BREAK YOUR FAST

Wakey-wakey! Whether it's fruit and yogurt, cereal, or whole grain toast and peanut butter, TRY eating a good breakfast each morning. It breaks the fast you just had after sleeping and keeps you alert so you can be your best throughout the day.



## 9 MAKE RECESS GOOD FOR YOUR HEART

TRY playing tag or jump rope during free time. Challenging activities like running and jumping pump up your heart muscle.



## 10 READ BEFORE FEEDING

To eat or not to eat? TRY reading labels to learn what's in your food. Comparing ingredients helps you make better choices for your body!



## 12 PLAY YOUR WAY FOR 60 MIN A DAY

Love to skate, dance, do yoga, or ride bikes? TRY playing 60 minutes each day for a strong body and clear mind year 'round!



## 11 GET MORE ZZZZS

TRY to hit the sack an hour earlier to feel the power of good Zzzs - deep sleep actually helps your body grow and rebuild.



Track each TRY for 2012 on the TRY IT Tracker ... see results and share new ideas for others to TRY too!



Want to learn more? Check out [Disney.com/TRYit](http://Disney.com/TRYit)