



# Passport to Health.

Get Active. Get Fit. Be Healthy.



Let's learn about  
**being healthy.**

Date:

Passport No.:

*Name*

is approved to proceed on a  
journey to health and wellness.

Signature:





## Paws for health and wellness.

Your journey starts here, but continues each day at home and at school. Maintaining a healthy lifestyle requires discipline, but can be a whole lot of fun... especially with the support of friends and buddies.

And your travels will earn you cool rewards, too.

### Lets get started!

-  Visit each of the four stations listed below
-  Complete each activity
-  Collect a stamp for every complete activity
-  Receive a prize for being more active

Game 1



Game 2



Game 3



Game 4





# You can do it.

In the following pages, Dr. Health E. Hound® will show you some of his favorite exercises you can do at home with your family or friends. He'll also show you some healthy snack choices and ways to stay active at home.

Make exercise a part of your daily life.

Here are some easy ways to stay active:

-  Take your dog for a walk, or walk to the store.
-  Join a sports team, or start a pickup game at the playground.
-  Play tag with kids in your neighborhood.
-  Ride your bike or walk to school.
-  Do something active on the weekend or in the evenings with your family.
-  Go to the park with a friend.
-  Help your parents with yard work or chores around the house.
-  Take the stairs whenever you can.



When you exercise, remember to **drink lots of water.**

# Go Fetch.

Are you a fast runner? Try this exercise; it is one of Dr. Health E. Hound's favorites.

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## Ready

Find two empty bowls. Place one where you want to start and one where you want to turn around.

Place three balls or anything else soft and easy to pick up in the turn-around bowl.



## Set

Stand by your start bowl, look at the turn-around bowl and get ready to run!

## Go

Run as fast as you can to the other bowl, pick up a ball, run back and place it in the empty bowl. Repeat until all the balls have been moved to your bowl and stop.



## Boy, you can sure run fast!

Running is a great way to stay healthy along your journey. Now, run to have your Passport marked **DONE** by a parent or guardian.



### Buddy instructions.

Time your friend by telling him or her when to go and counting “woof-woof-one”, “woof-woof-two” until they place three ball into the empty bowl.



# Sit Up and Bark.

How many sit-ups can you do in one minute?

## Ready

Find a clean place to lie down on the floor or ground.

## Set

Lie on your back with your knees bent. With your arms stretched out in front of you, sit up and try to touch your knees without moving your legs, say woof and then lie back down. That's one sit-up.



## Go

When you are ready, start doing as many sit-ups as you can in one minute.



## Way to go!

Practice this activity every day for the next week; you will notice that you can do a few more each time. Now sit up and go get your Passport marked **DONE** by a parent or guardian.



## Buddy instructions.

Hold your friend's feet and count "woof-woof one, woof-woof two..." up to "woof-woof-60". Then tell your friend to stop.



# Did you know?



For one out of every five kids, weight is a serious issue. Part of the problem is a lack of physical activity. As a parent, you can help your kids get moving. Do things together as a family, like walking, biking or running. Try to move every day. Be a role model to your kids. It's easier for them to form good habits when they see their parents doing it.

Here are some family fitness tips for parents:

-  Put a two-hour limit on TV, video games and the computer.
-  Exercise while watching TV. Do sit-ups, push-ups or run in place.
-  Plan active family outings on the weekend.
-  Help your kids plan group activities, like skating or playing sports.
-  When kids can't go outside, suggest active indoor games.
-  Be an "exercise buddy." Set goals and plan daily activities.
-  Sports like swimming or tennis can form lifelong fitness habits.



Dr. Health E. Hound prescribes  
**healthy foods**  
for better health.



# Eat more fruits and veggies.



Fruit and veggies taste great! They're also packed with vitamins, minerals and fiber to help you stay fit and healthy.

Try to make sure everyone in your family is eating fruits and veggies every day. How much you need depends on your age – so check out the chart below and find out how much you should be eating. (Of course, you can always eat more if you want!)

Age (years)	Fruit (servings a day) 	Veggies (servings a day) 
4 to 7	1 to 2	2 to 4
8 to 11	1 to 2	3 to 5
12 to 18	3 to 4	4 to 9

## How much is a serving?

**One serving of fruit** is equal to 1 medium piece of fruit, 2 smaller pieces of fruit or 1 cup of chopped fruit.

**One serving of veggies** is equal to ½ cup of cooked veggies, 1 medium potato or 1 cup of salad veggies.

### Tips to help you eat more fruit and veggies

-  Try to include fruit and veggies in every meal. They make a great snack too.
-  Different colored fruit and veggies have different health benefits. Try as many as you can.
-  Fruit and veggies can be served raw, steamed, boiled, baked, grated or diced.
-  Eat them dried, frozen and canned. You can also combine them with meat, fish, eggs, rice or pasta.
-  Fresh fruit is much healthier than fruit juice. Water is the best drink to quench your thirst.







Unscramble the  
words to the left to find  
**healthy snack**  
**options.**



## Have questions? We have answers.



Call today to get answers to your questions.

**1-866-270-5785, TTY 711**



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