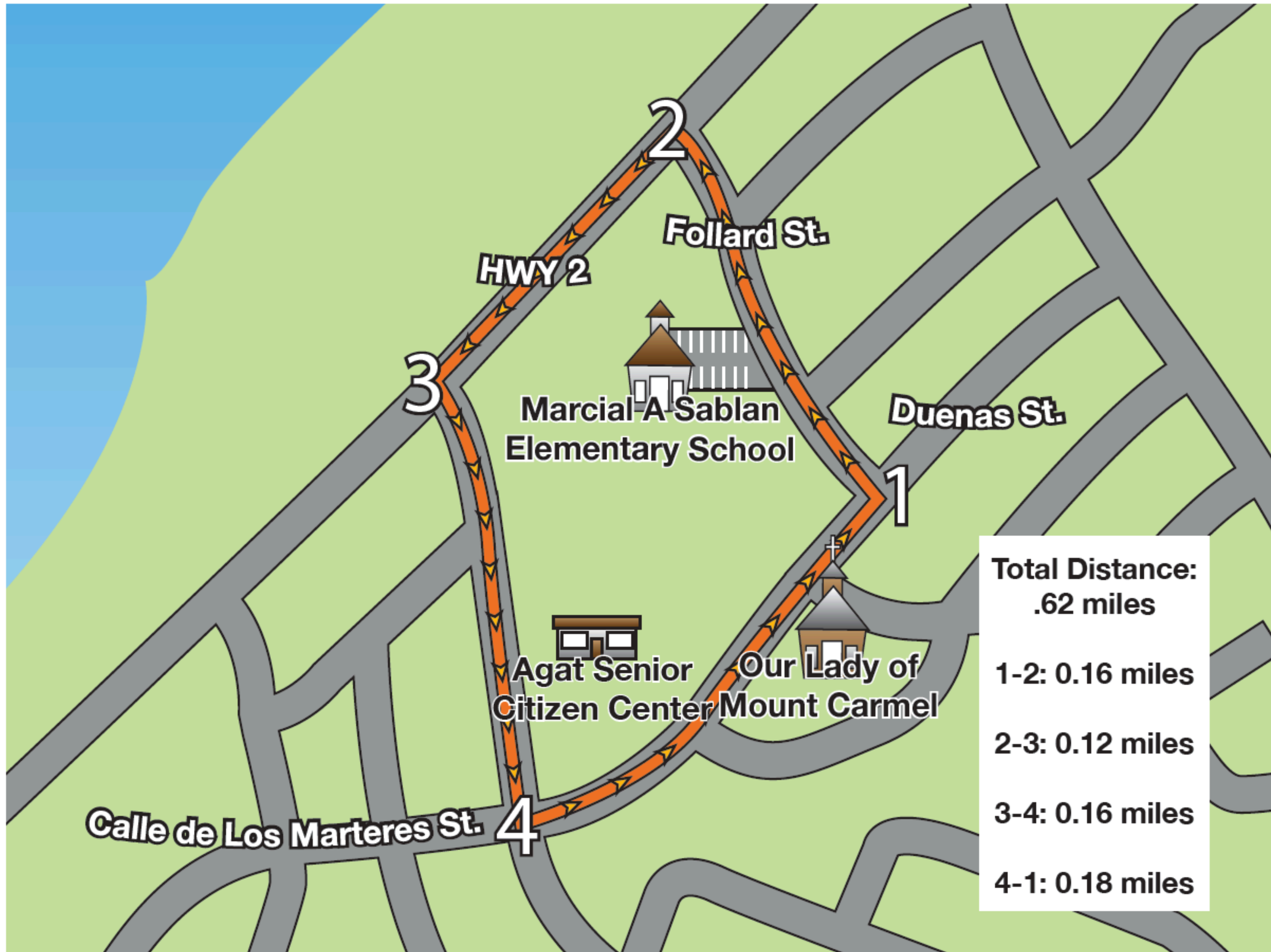


AGAT WALKING PATH



AGAT HEALTHY LIVING TIPS

GET ACTIVE

- Get at least 1 hour everyday of moderate physical activity

EAT MORE FRUITS AND VEGETABLES

- Children - 1 cup of fruit & 1 heaping cup of vegetables per day
- Adults - 2 cups of fruit & 3 cups of vegetables a day

DRINK MORE WATER AND AVOID SUGAR SWEETENED BEVERAGES

- Children - 5 cups a day
- Adults - 11 cups a day

SLEEP MORE

- Children: 11- 13 hours a day
- Adults: 7-9 hours a day

“Be a community and family role model for healthy behaviors”



This sign is in appreciation to the Agat Million Step Village Challenge cohort. This sign is funded by the University of Guam Cooperative Extension and Outreach Children's Healthy Living Program (CHL), The Department of Public Health and Social Services, and the Non-communicable Disease Consortium.