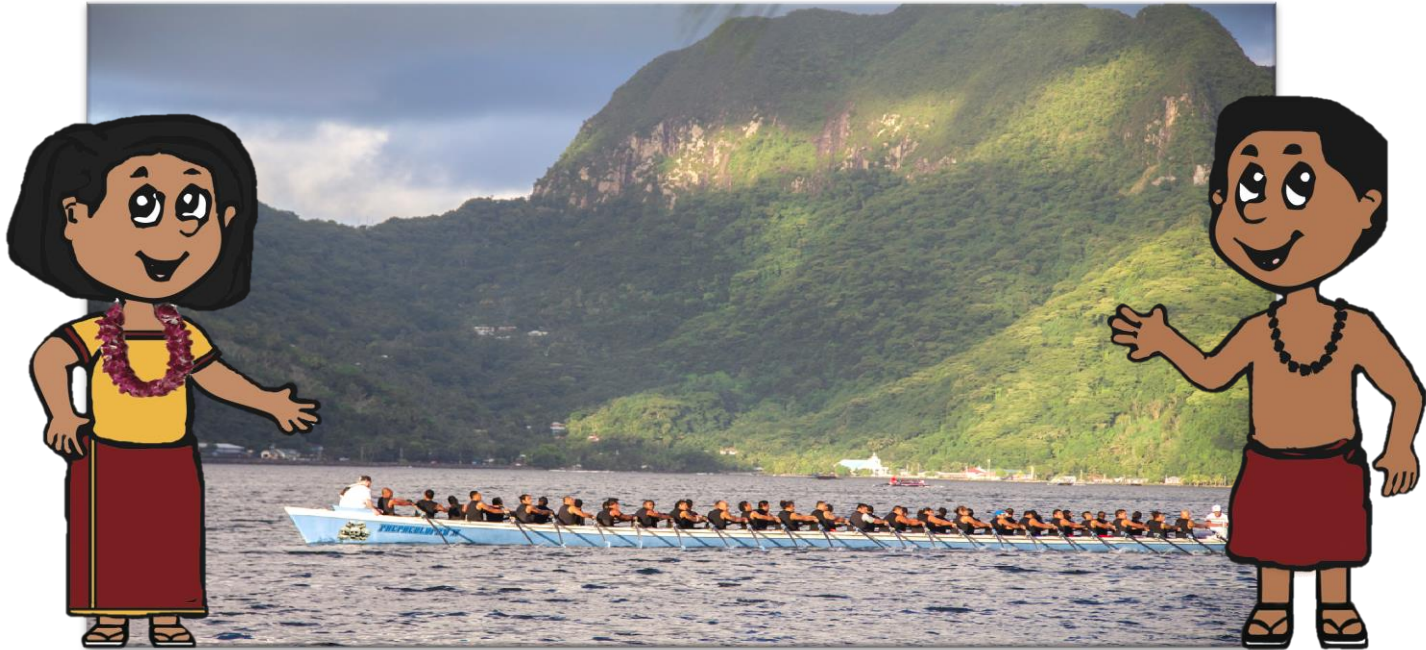


# Rowing Towards a Healthier American Samoa!



## Benefits of Healthy Behaviors

### Be Active



Active kids are more likely to be healthy adults.

It helps build a strong heart, muscles, and bones.

### Sleep More



Well-rested kids are happier and feel better.

Getting enough sleep helps us learn and improves memory.

### Eat Fruits & Vegetables



Eating fruits and veggies helps the body digest food.

They help kids grow strong and healthy bodies.

### Drinking More Water



Drinking water helps the body digest food.

Water helps keep kids at a healthy weight.

### Limit Sugar Sweetened Drinks



Sugary drinks can lead to unhealthy weight gain.

Sugary drinks can make kids more anxious.

### Less Screen Time



Too much leads to sleep problems.

It leaves less time for active play.

For more information about the CHL Program please contact Travis Fleming 684.699.1575 [fleming\\_travis@rocketmail.com](mailto:fleming_travis@rocketmail.com)  
Sharon Fanolua Sunia 684.699.1575 [sfanolua@gmail.com](mailto:sfanolua@gmail.com)  
Mary Scanlan 684.699.1575 [mtscanlan87@gmail.com](mailto:mtscanlan87@gmail.com)

American Samoa Community College, Division of Community and Natural Resources.

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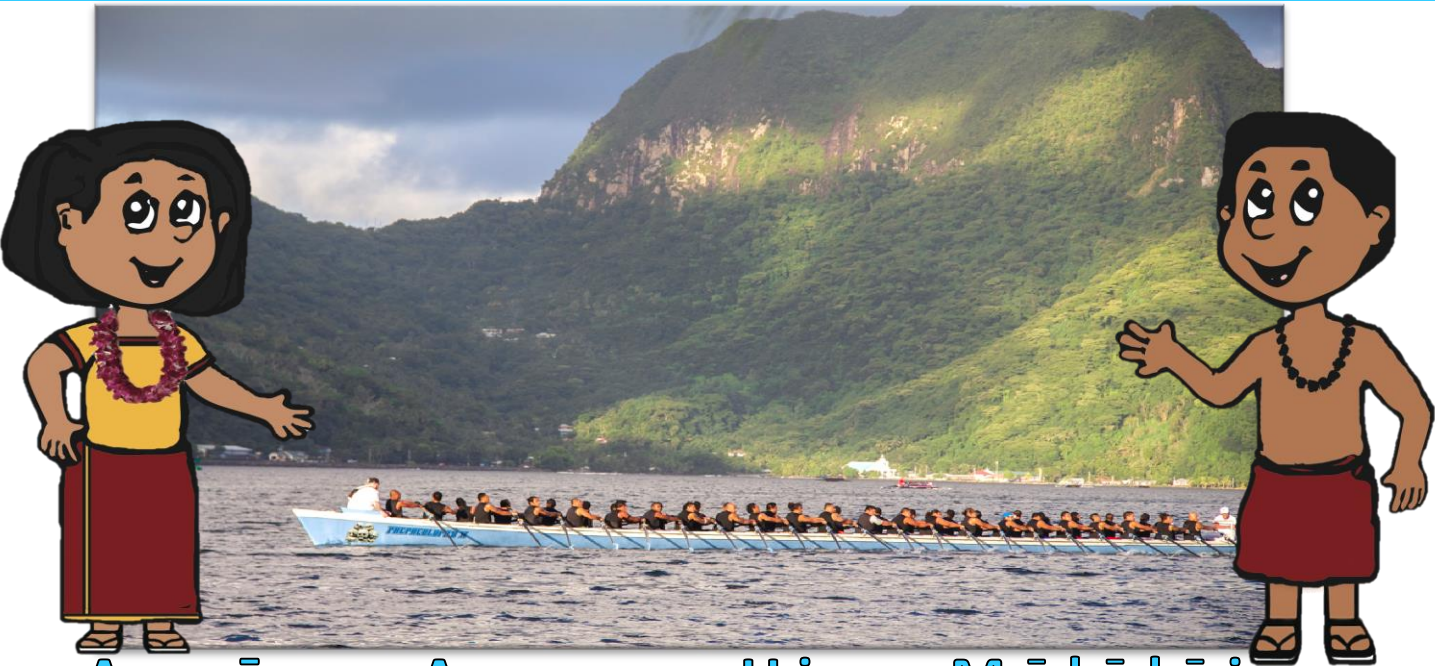
# CHL

**Children's Healthy Living Program**  
for Remote Underserved Minority Populations  
in the Pacific Region [www.CHL-Pacific.org](http://www.CHL-Pacific.org)



Enhancing child wellness!

# Alo Faatasi mo se Amerika Samoa Maloloina!



## Aogā o Aga ma Uiga Mālōlōina

### Fa'amalosi Tino, Gaioi

O fanau e gaioi tele e mafai ona avea ma tagata matutua mālōlōina.

E fesoasoani e faamalosi le fatu, maso ma ponaivi .



### Ia Lava Lou Moe

E sili atu lo latou fiafia ma lelei atu o latou fa'alogoga.

E fesoasoani tele e malamalama ai ma fa'alelei ai manatunatuga.



### Tausami Fualaa ma La'au Aina

E fesoasoani i le faamalūina o mea'ai .

E fesoasoani e ola malolosi ma mālōlōina ai tino o le fanau.



### Toaga e Inu Vai

E fesoasoani i le tino e faamalū ai mea'ai.

E fesoasoani le vai i fanau e fa'atumau ai le mamafa talafeagai.



### Taofiofi le Inu Vai Fa'asuka

O Vaiinu fa'asuka e ono fa'aopoopo ai le mamafa lē talafeagai.

O Vaiinu fa'asuka e mafai ona lē nofo filemu ai le fanau.



### Fa'aititia le Matamata TV ma Ta'alogā Omiomi

O le tele o le matamata e i'u ai ina faigatā ona moe.

E itiiti ai le taimi e ta'alo malosi ai.



Mo isi fa'amatalaga i le Polokalma o le Ola Mālōlōina o Fanau (CHL) fa'afeso'ota'i: Travis Fleming 684.699.1575 [fleming\\_travis@rocketmail.com](mailto:fleming_travis@rocketmail.com)

Sharon Fanolua Sunia 684.699.1575 [sfanolua@gmail.com](mailto:sfanolua@gmail.com)

Mary Scanlan 684.699.1575 [mtscanlan87@gmail.com](mailto:mtscanlan87@gmail.com)

Kolisi Tu'ufa'atasi o Amerika Samoa , Matagaluega o Laufanua ma Atina'e

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