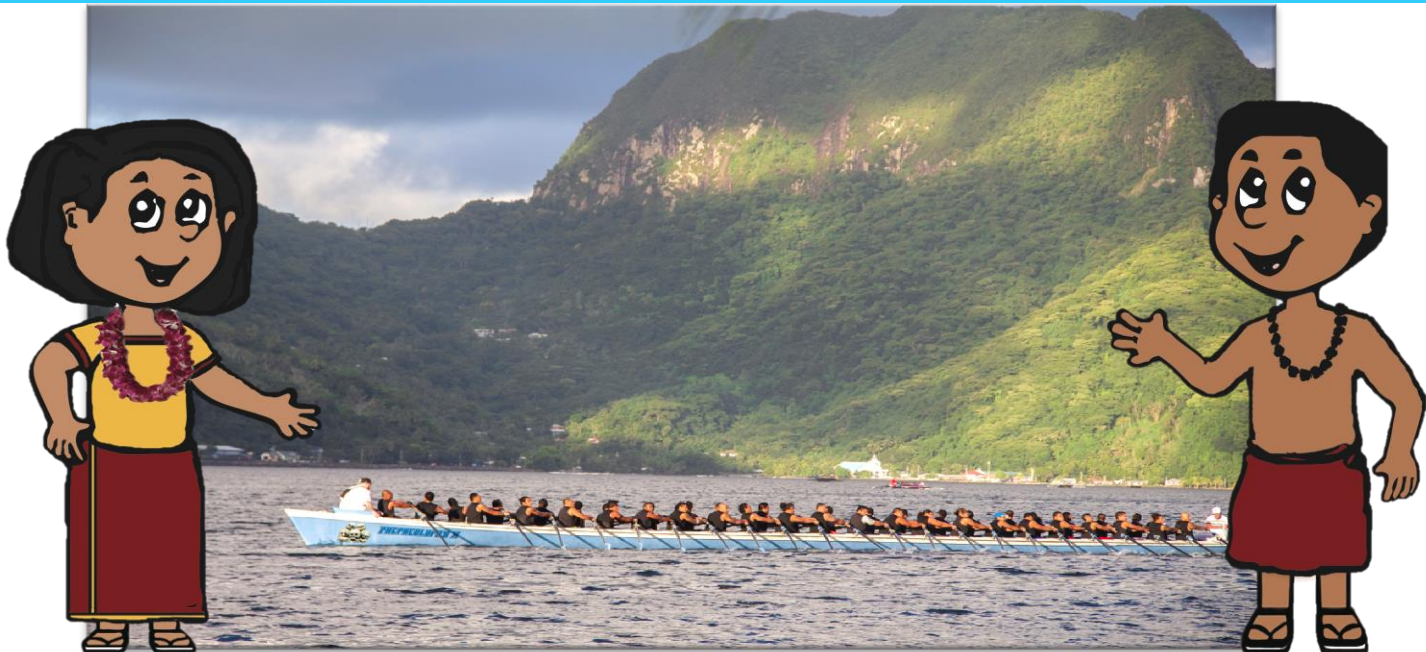


# Rowing Towards a Healthier American Samoa!



## Daily Targets for your Health

### Be Active, Move More



Children: 1 hour everyday at moderate or vigorous levels

Adults: Half an hour everyday at moderate levels

### Eat Fruits & Vegetables



Children: 1 cup fruit & 1 cup of veggies everyday

Women: 2 cups fruit & 2 ½ cups of veggies everyday

Men: 2 cups fruit & 3 cups of veggies everyday

### Sleep More



Children: 11-13 hours everyday

Adults: 7-9 hours everyday

### Drinking More Water



Children: 4-5 cups or 32-40 ounce everyday

Women: 9 cups or 72 ounces everyday

Men: 13 cups or 104 ounces everyday

### Limit Sugar Sweetened Drinks



Children: Almost none every week

Adults: Almost none every week

### Less Screen Time



Children: Less than 2 hours everyday

Adults: Less than 2 hours every day

For more information about the CHL Program please contact Travis Fleming 684.699.1575 [fleming\\_travis@rocketmail.com](mailto:fleming_travis@rocketmail.com)  
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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!



## Taumafaiga mo Lou Ola Maloloina i Aso Uma

### Fa'amalosi Tino, Gaioi

Fanau: 1 itula i aso uma

Tagata matutua: afa itula i aso uma



### Ia Lava Lou Moe

Fanau: 11-13 itula i aso uma

Tagata matutua: 7-9 itula i aso uma



### Tausami Fualaa ma La'au Aina

Fanau: 1 ipu fualaa suamalie, 1 ipu laau aina i aso uma

Tagata matutua: 2 ipu fualaa suamalie, 3 ipu laau aina i aso uma



### Toaga e Inu Vai

Fanau: 4-5 ipu vai (32-40 aunese) i aso uma

Tamaitai matutua: 9 ipu vai (72 aunese) i aso uma

Alii matutua: 13 ipu vai (104 aunese) i aso vai



### Taofiofi le Inu Vai Fa'asuka

Fanau: taofiofi i le vaiaso atoa

Tagata matutua: taofiofi i le vaiaso atoa



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

Fanau: ia i lalo ifo o le 2 itula i aso uma

Tagata matutua: ia i lalo ifo o le 2 itula i aso uma



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

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