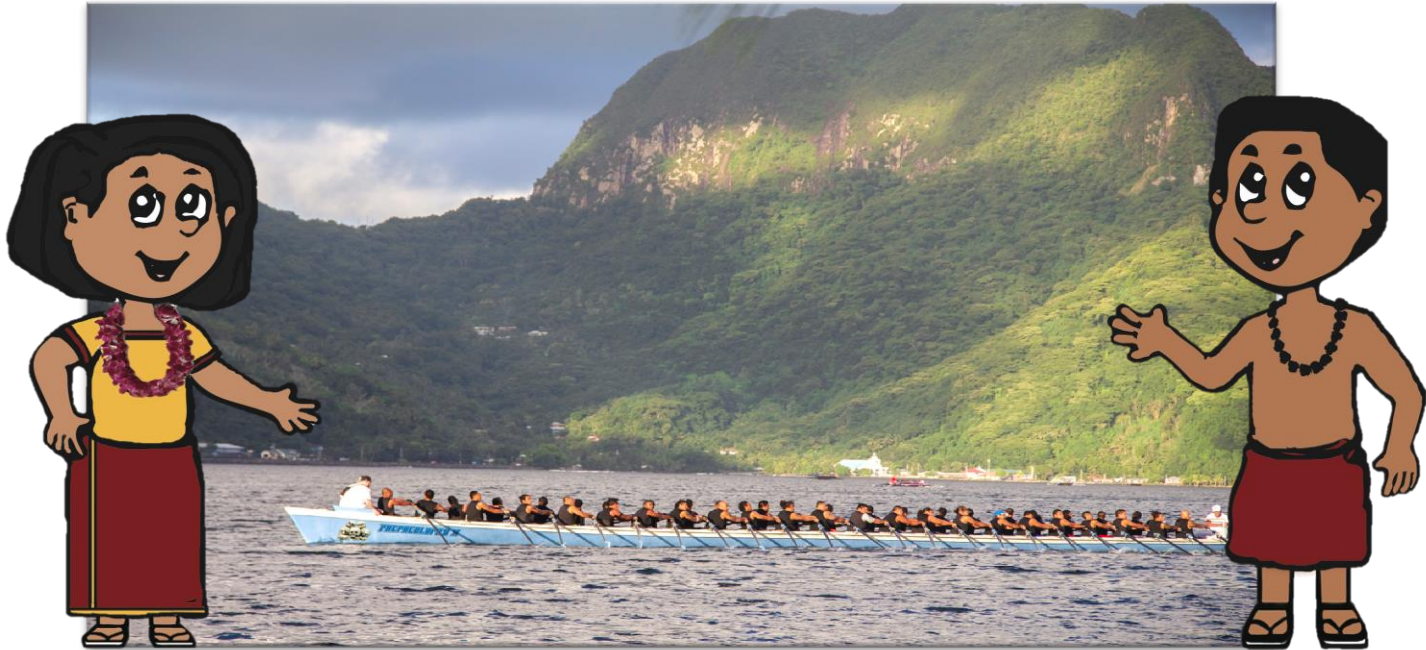


Rowing Towards a Healthier American Samoa!



Tips for Healthier Children

Be Active, Move More



Go for an evening walk with your family.

Savavali i le afiafi ma lou 'āiga.

Eat Fruits & Vegetables



Choose fruit for desserts and snacks.

Filifili fuala'au 'aina taumafamata suamalie e avea ma mea'ai suamalie ma mea'ai māmā/fa'avaitaimi.

Sleep More



Tell or read a relaxing story before bedtime.

Fa'amatala pe faitau se tala fa'anofofilemu/fa'anofogofie ae le'i momoe.

Drinking More Water



Add fun flavors such as fresh squeezed lime, lemon or orange.

Fa'aopo'opo iai tofo ese'ese/feleiva e pei o le tipolo fa'ato'ā tatau, tipolo po o le moli.

Limit Sugar Sweetened Drinks



Pack water in your kid's lunch.

Tu'u i le ato mea'ai a lou alo sana fagu vai.

Less Screen Time



Make one day a week screen free!

Ia iai se aso se tasi e lē taa'alo ai i ta'aloga komputa ma matamata ata ai!

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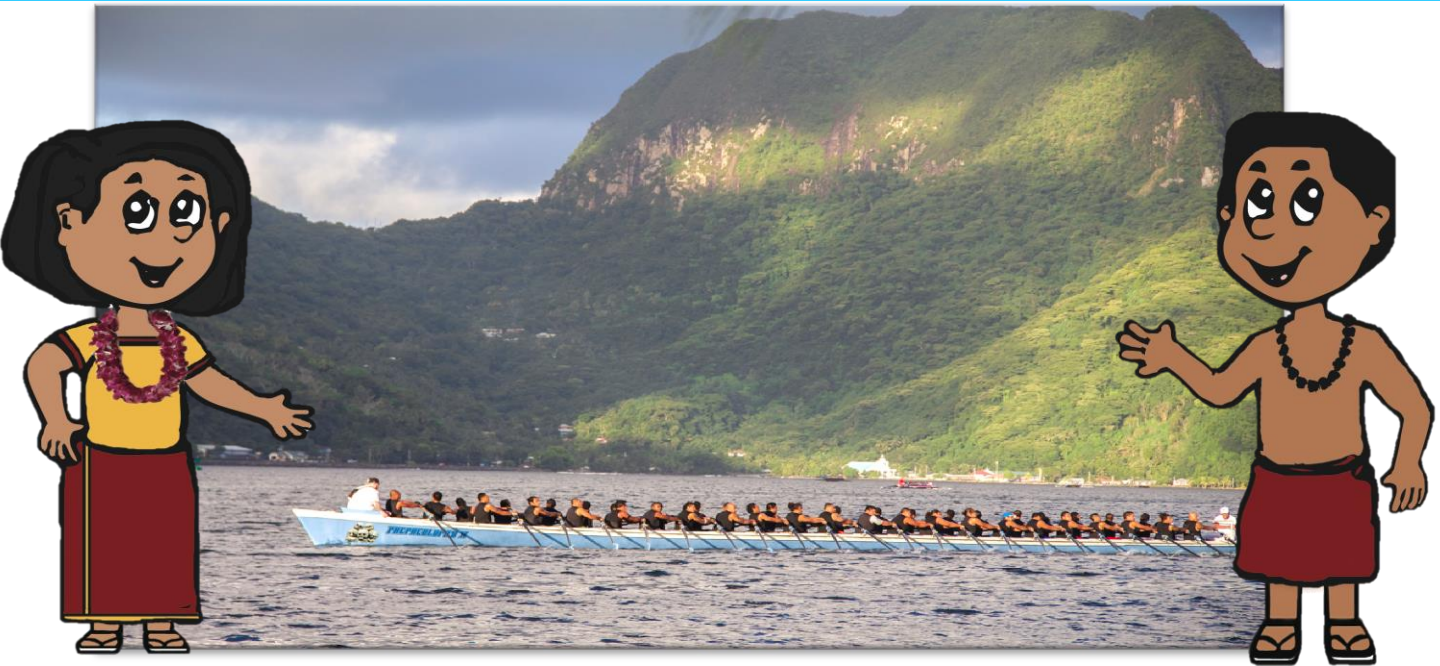
CHL

Children's Healthy Living Program
for Remote Underserved Minority Populations
in the Pacific Region www.CHL-Pacific.org



Enhancing child wellness!

Alo Faatasi mo se Amerika Samoa Maloloina!



Fautuaga e Ola Maloloina ai Fanau

Fa'amalosi Tino, Gaioi

'Auai i se ta'aloga pu'upu'u ma lau fanau—e sili le fa'amalositino i lo le leai.

Go play a short game with the kids—any exercise is better than none.



Ia Lava Lou Moe

Fai/Fa'ata'atia se fuafuaga mo le taimi moe ma mulimuli iai i aso uma.

Make a bedtime plan and follow it everyday.



Tausami Fualaaui ma La'au Aina

Fa'atau fuala'au'aina faisua/salaki e sauni gofie—filifile e lou alo se fuala'au'aina faisua/salaki se tasi.

Buy veggies that are easy to prepare—let your child pick one out.



Toaga e Inu Vai

Teu i le pusa 'aisa vai mälülü ina ia iloa atu pe a fia feinu.

Keep cool water stored in the fridge for thirsty eyes to see.



Taofiofi le Inu Vai Fa'asuka

Fai se vai'inu e faa'afa iai le sua o se fuala'au'aina taumafamata suamalie ma le vai.

Make a drink with half fruit juice and half water.



Fa'aitiitia le Matamata TV ma Ta'aloga Omiomi

Tā'a'ālo i fafo pe faitau fa'atasi se tusi.

Play outside or read a book together.



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