

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 1:

HEALTHY HABITS

Hey, kids! Ace here, talking about **HEALTHY HABITS**, positive things you do every day! Think about the healthy habits you **ALREADY** have, and then come up with some **NEW** habits you can work into your day!

What is something new you learned from this episode?

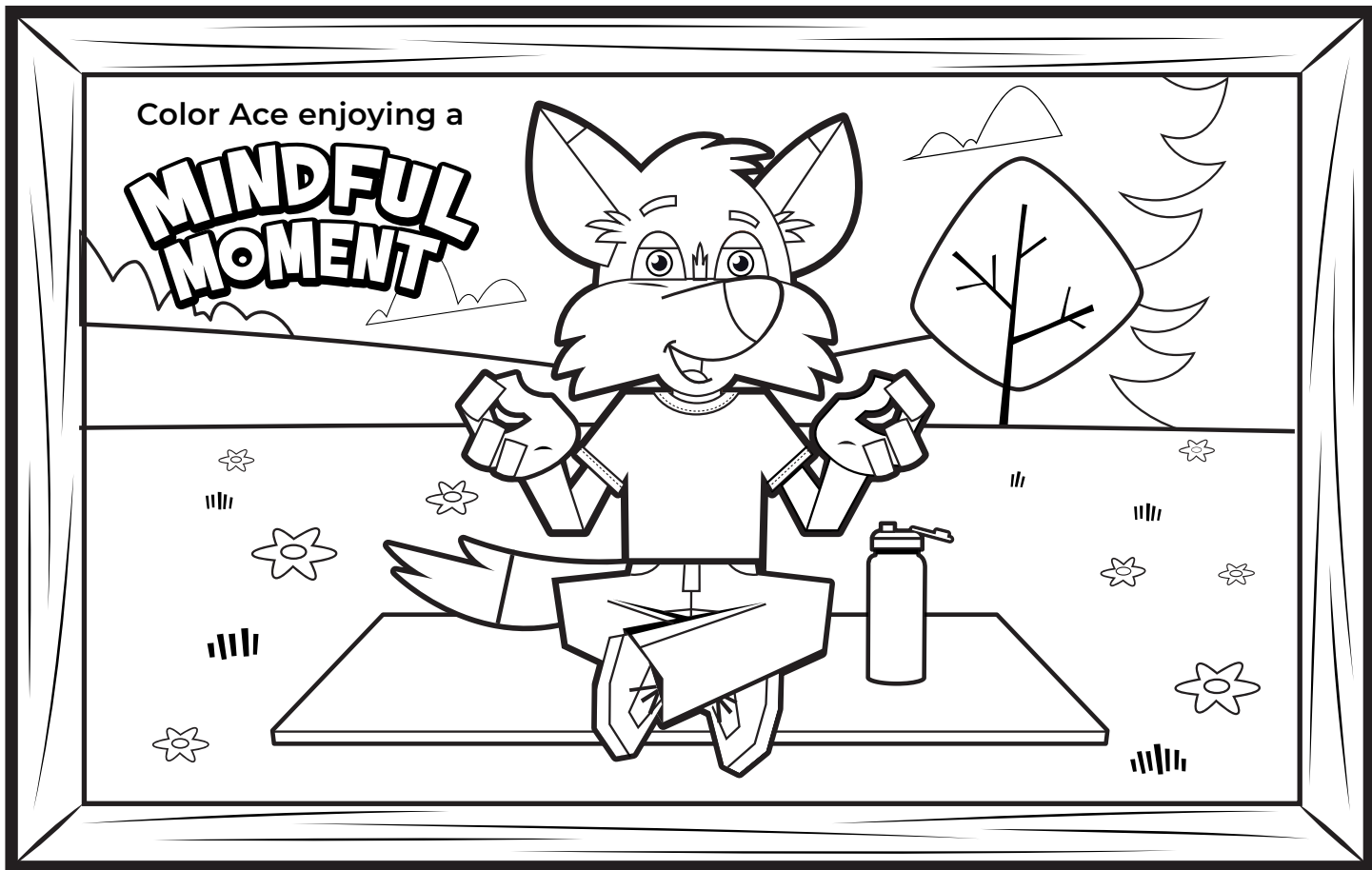
Example: Healthy habits can help you with schoolwork.

What are some habits in your life, positive things you do every day?

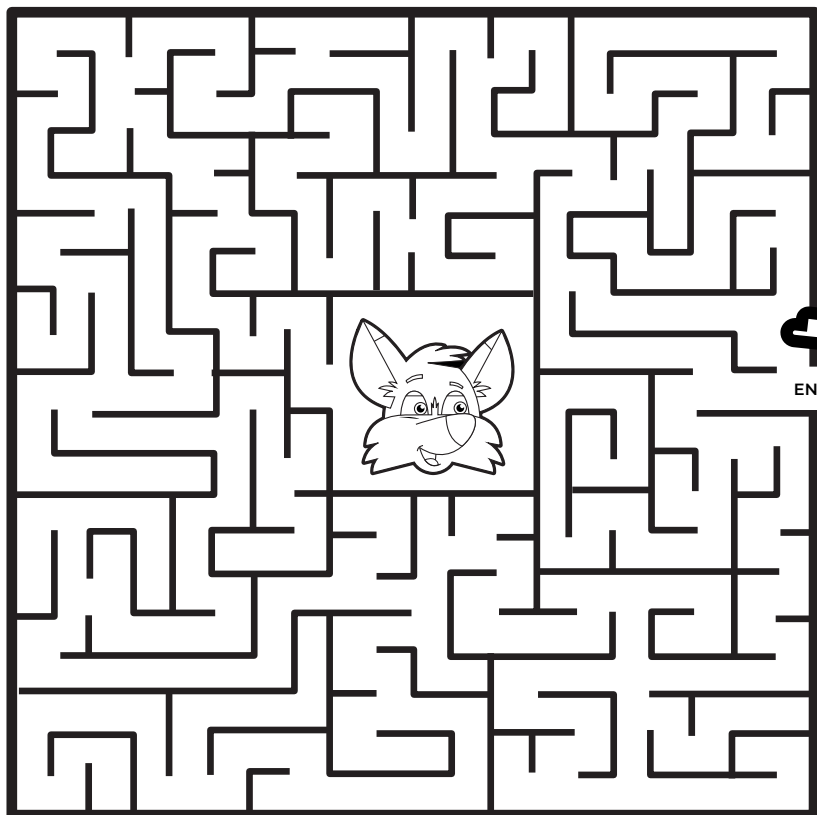
Example: Eating a healthy snack after school is a positive habit!

What new habits might you start? Who might join you?

Example: My mom and I could drink an extra glass of water a day.



HYDRATION TIME! Help Ace find his way through the maze to his water bottle!



DID YOU KNOW?



- The strongest muscle in the human body is the **heart!**
- Your feet don't reach their full size until you're about 20 years old—at that point, your sneakers should last you **500 miles** of walking!
- Here's a workout: the record for the **most push-ups** in 1 hour is **2,919!**

