



Brandon CRAWFORD
 #35 | INFIELDER

Trail mix
 is my favorite healthy snack!

Peanut butter & jelly sandwiches
 are my favorite pregame meal.

Baseball
 was my favorite exercise as a kid.

Get outside and play
 to stay healthy this summer.



It's important to
 eat 5 servings of
 fruits and veggies
 every day!



Name: _____

Eat a handful of blueberries	Do 25 jumping jacks	Play catch with a teammate for 10 min.	Eat 2 green vegetables	Run in place for 3 min.
Play hopscotch	Eat an apple	Eat 3 vegetables in a day	Drink 4 glasses of water	Try a new vegetable or fruit
Skip for 10 min.	Run around the bases	FREE	Dance to your favorite song	No soda & sports drinks for a week
Do Belt's Bootcamp on gojrgiants.org	Floss every day for a week	Stretch for 15 min.	Go on a walk for 10 min	Put on sunscreen
Do 15 sit-ups	Avoid fast food for a whole week	Get a full night's rest (8 hrs!)	Brush your teeth	Do 10 push ups

Healthy Habits

Bingo

Presented by



Dignity Health.

Challenge yourself to complete 5 Healthy Habit activities in a row.

Be sure to place a sticker over each completed activity and turn in your bingo card to your coach/team parent at your next practice or game to receive a **Giants water bottle!**

Bonus: Try to complete all 24 Healthy Habit activities!