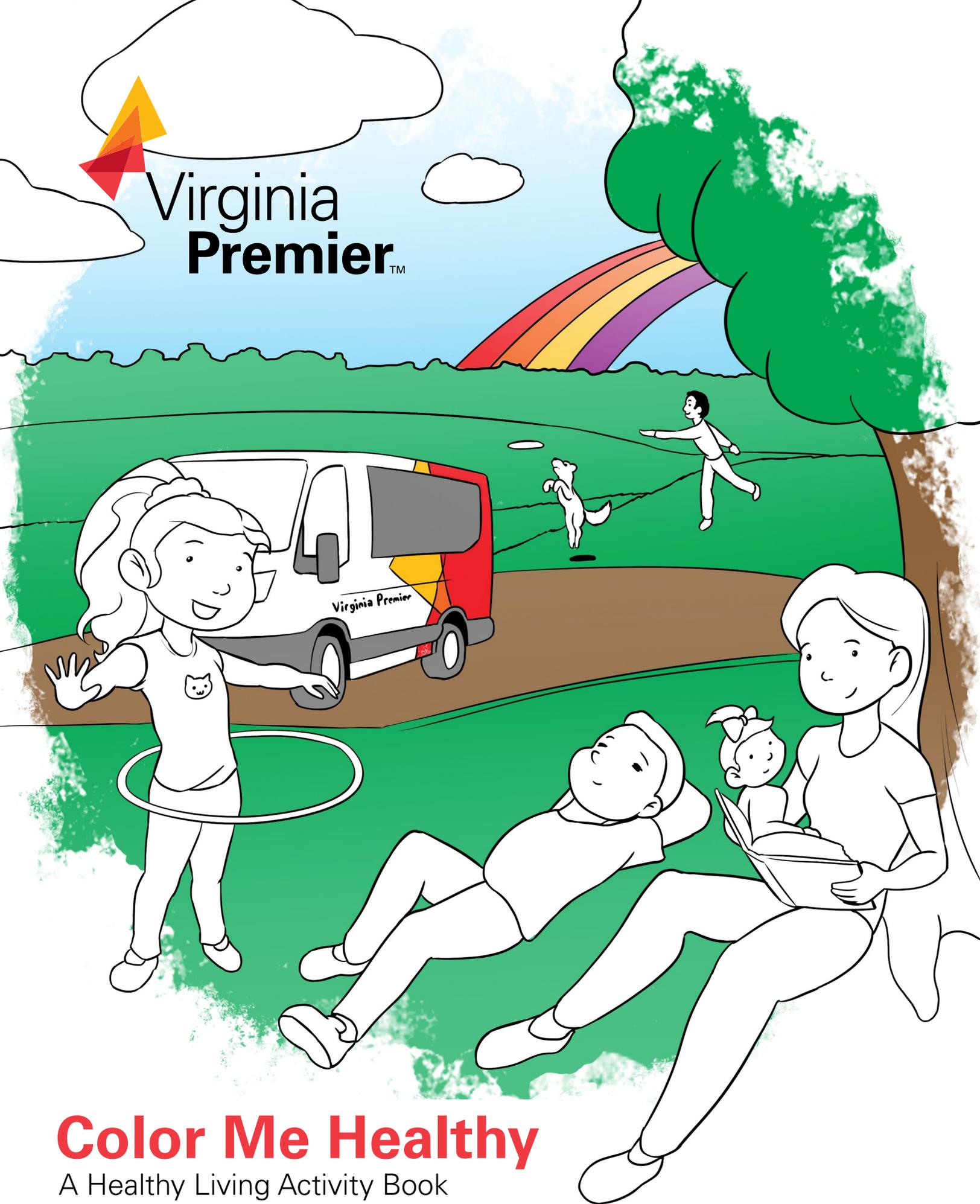


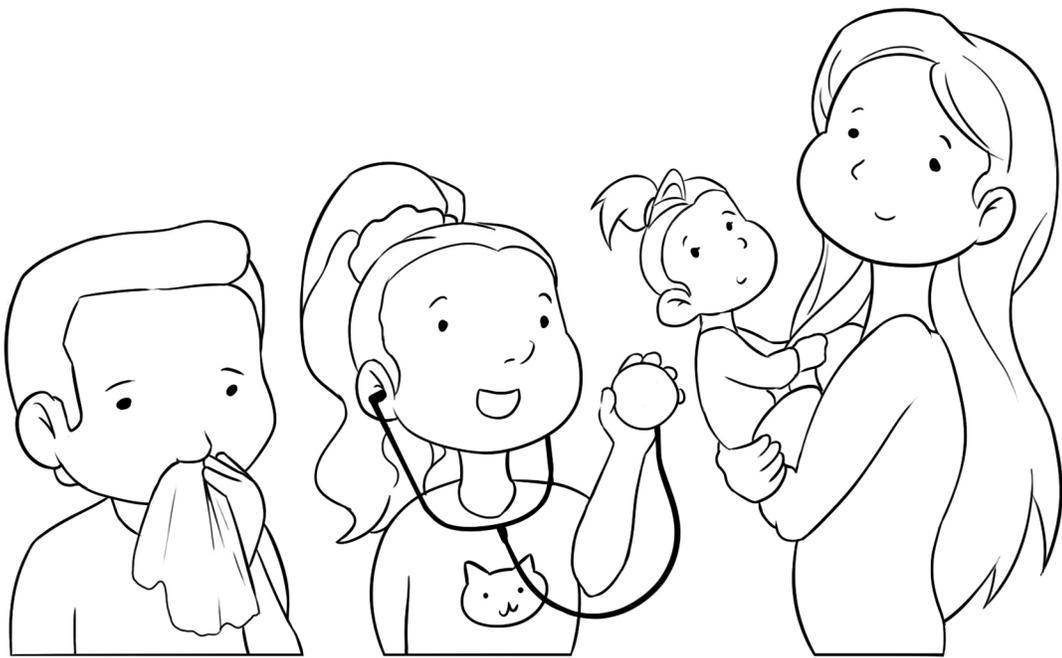


Virginia
Premier™



Color Me Healthy

A Healthy Living Activity Book

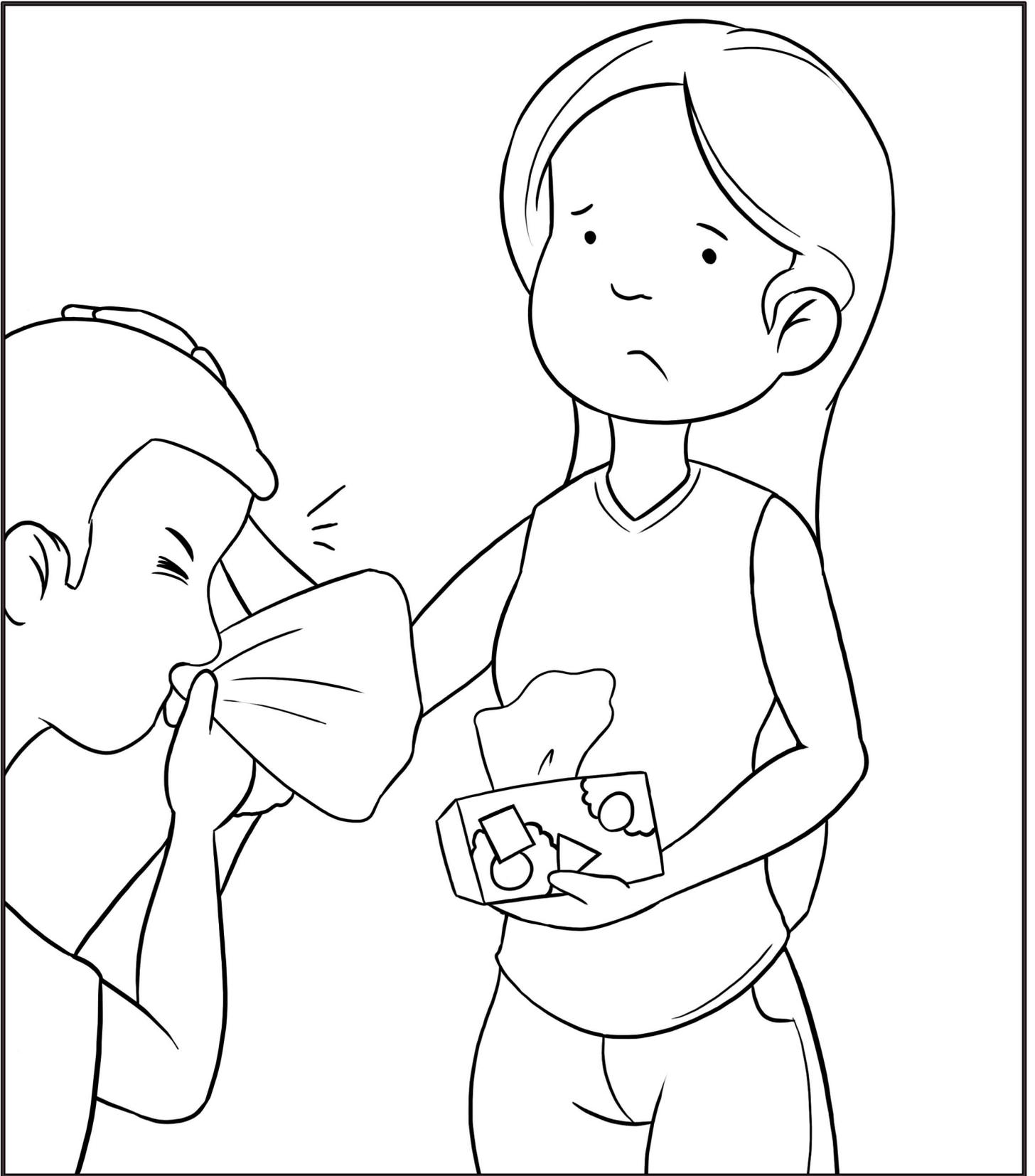


Color Me Healthy

Illustrations by David Crouch



Hello, my name is Tilly, and this is my
older brother, Tom!



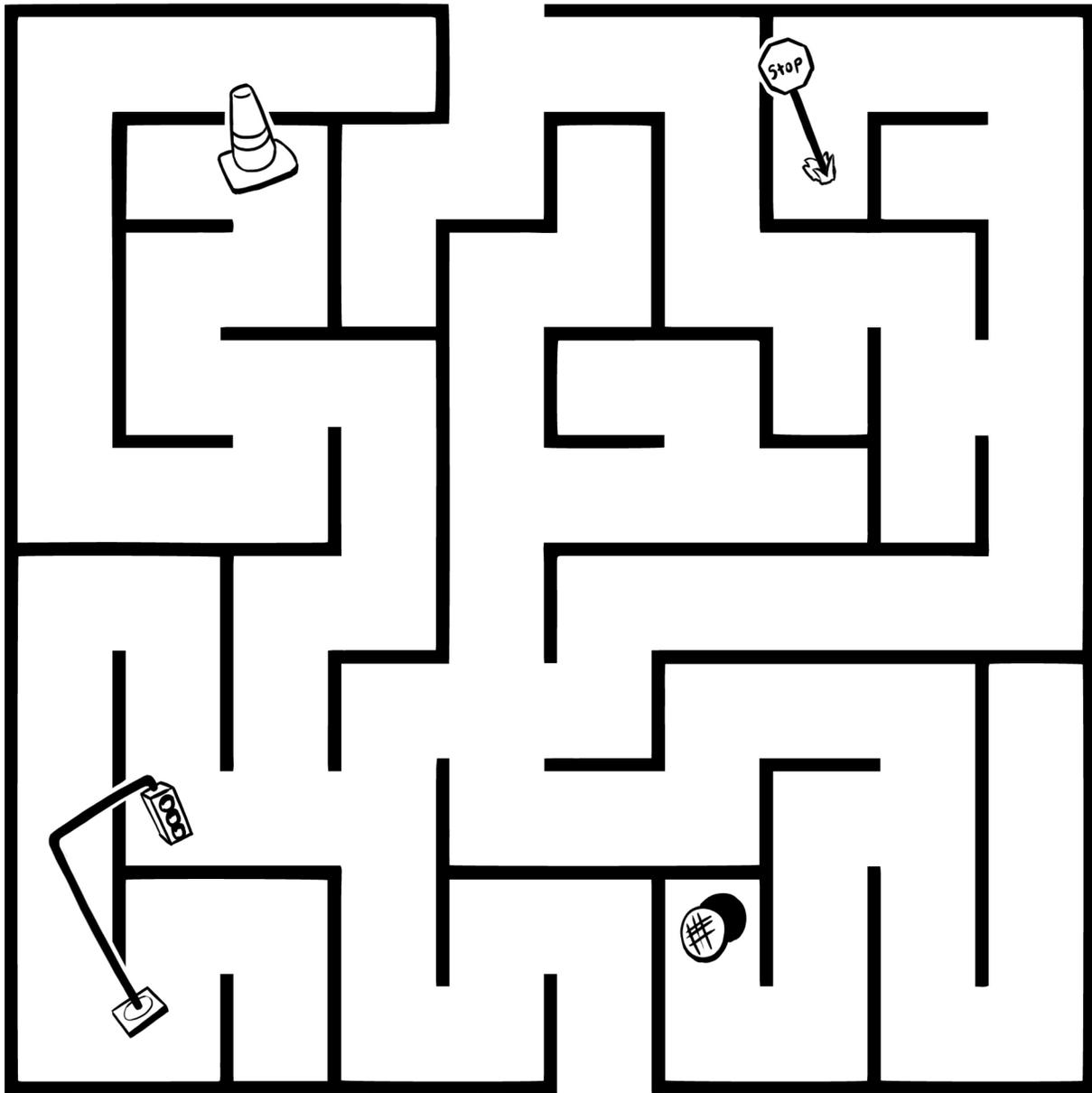
Tom is sick. Mom says that we need to take him to the doctor today.



But what is the doctor going to do to him?
I can't let Tom go alone!



That's why I'm coming, too!
I need to keep Tom safe!

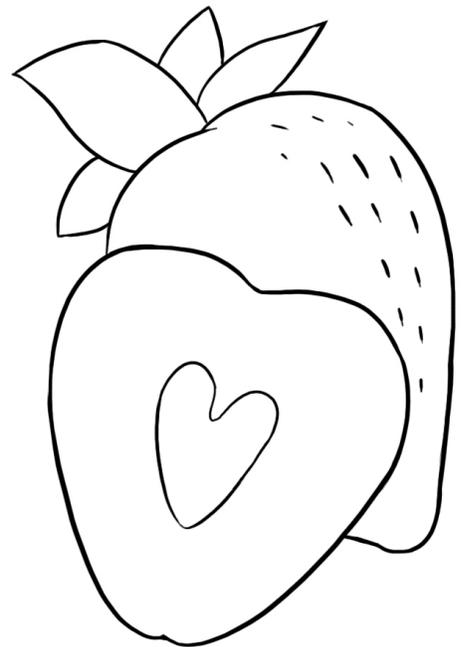
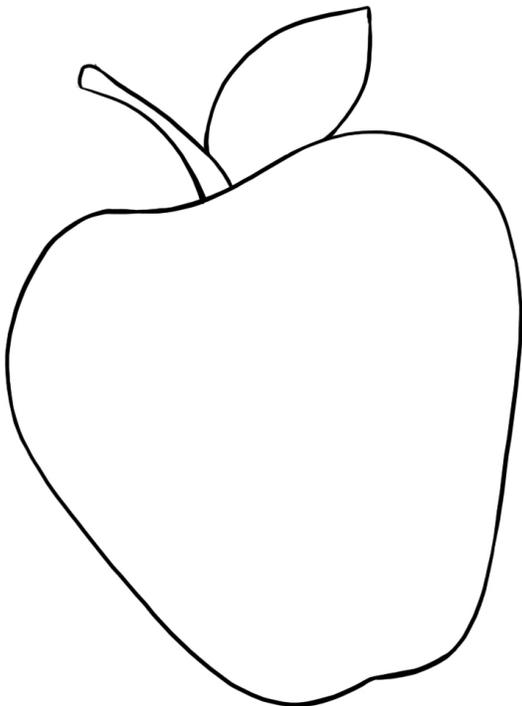
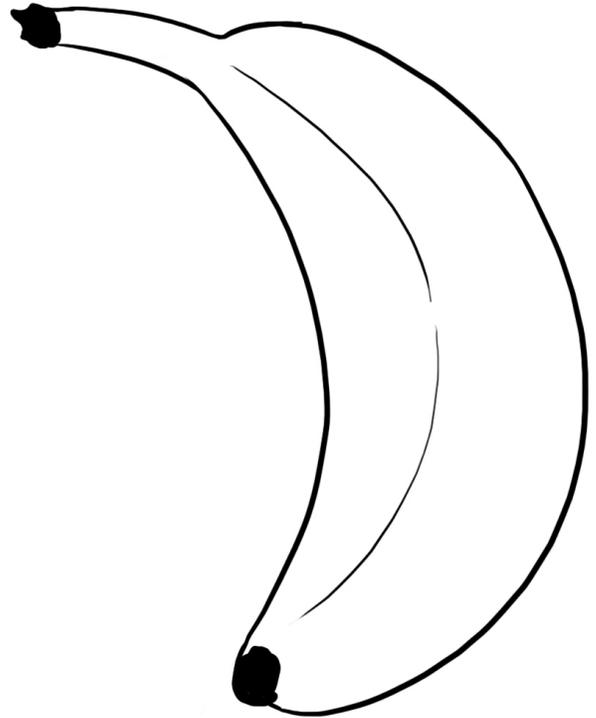
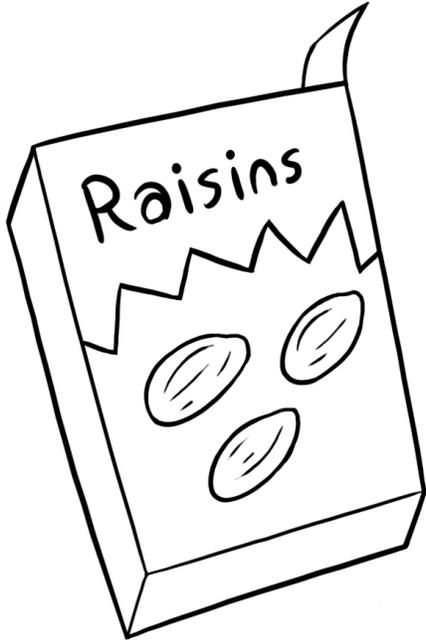


Start!



Let's ride to the doctor's office!

Pick a healthy snack to eat on the way.



While we wait, can you find the words below?

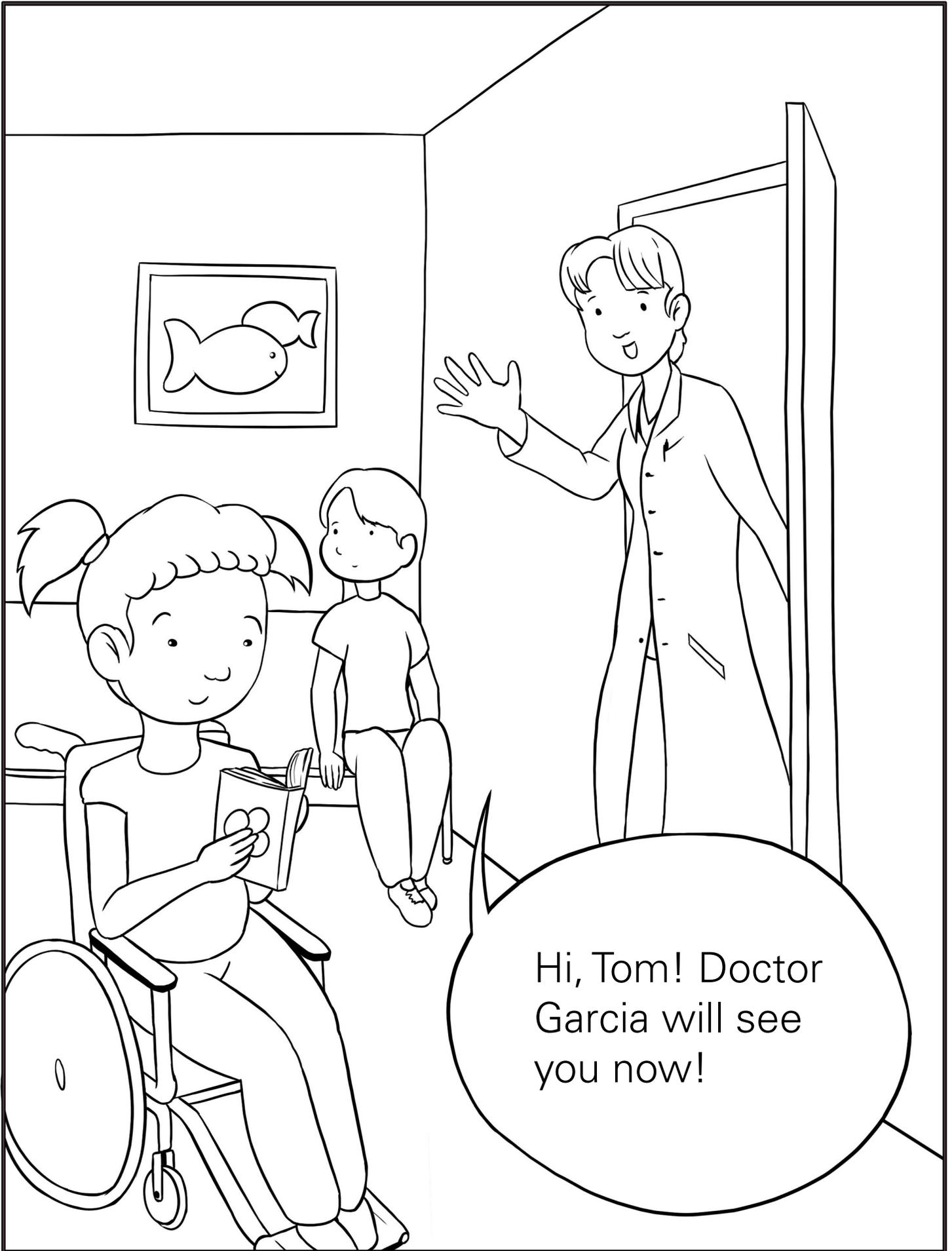
H S N E E Z E C I P T I
C B W M K C I S R W Y Q
O Z Y P N Z F D E J H S
U M U C U O R O V G D K
G P V T D K Q A E V E W
H G M A O P C F F N Q O
P Y R K C N B E I P Z X
U A P D T F Q C H I E G
L H L M O Y I U O C G W
F O W Z R D M G U L L N
C E C A E L T I S S U E
Z M D M Q C W K U O D C

CHECKUP
FLU
COLD
MEDICINE
COUGH

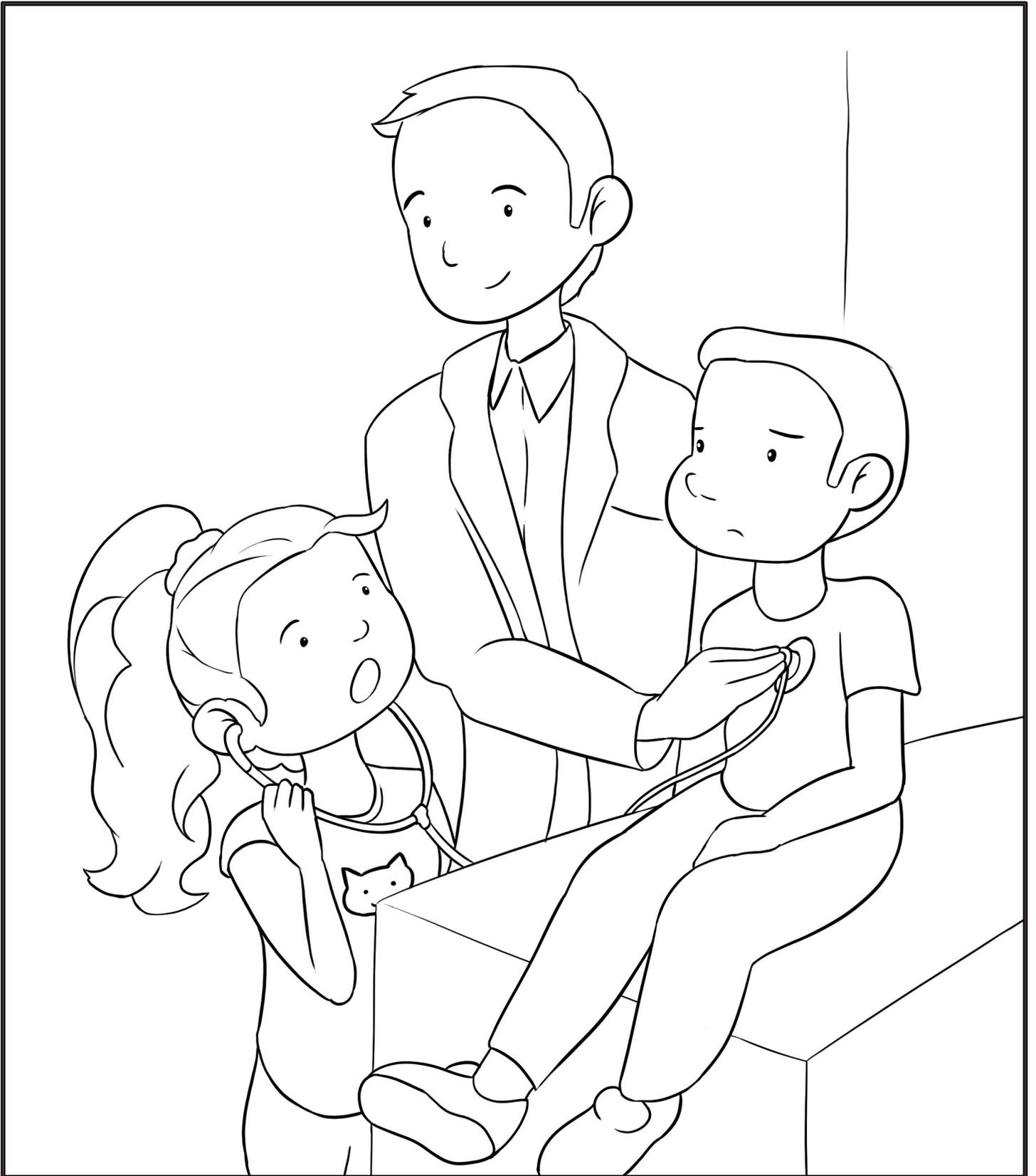
SICK
DOCTOR
SNEEZE
FEVER
TISSUE



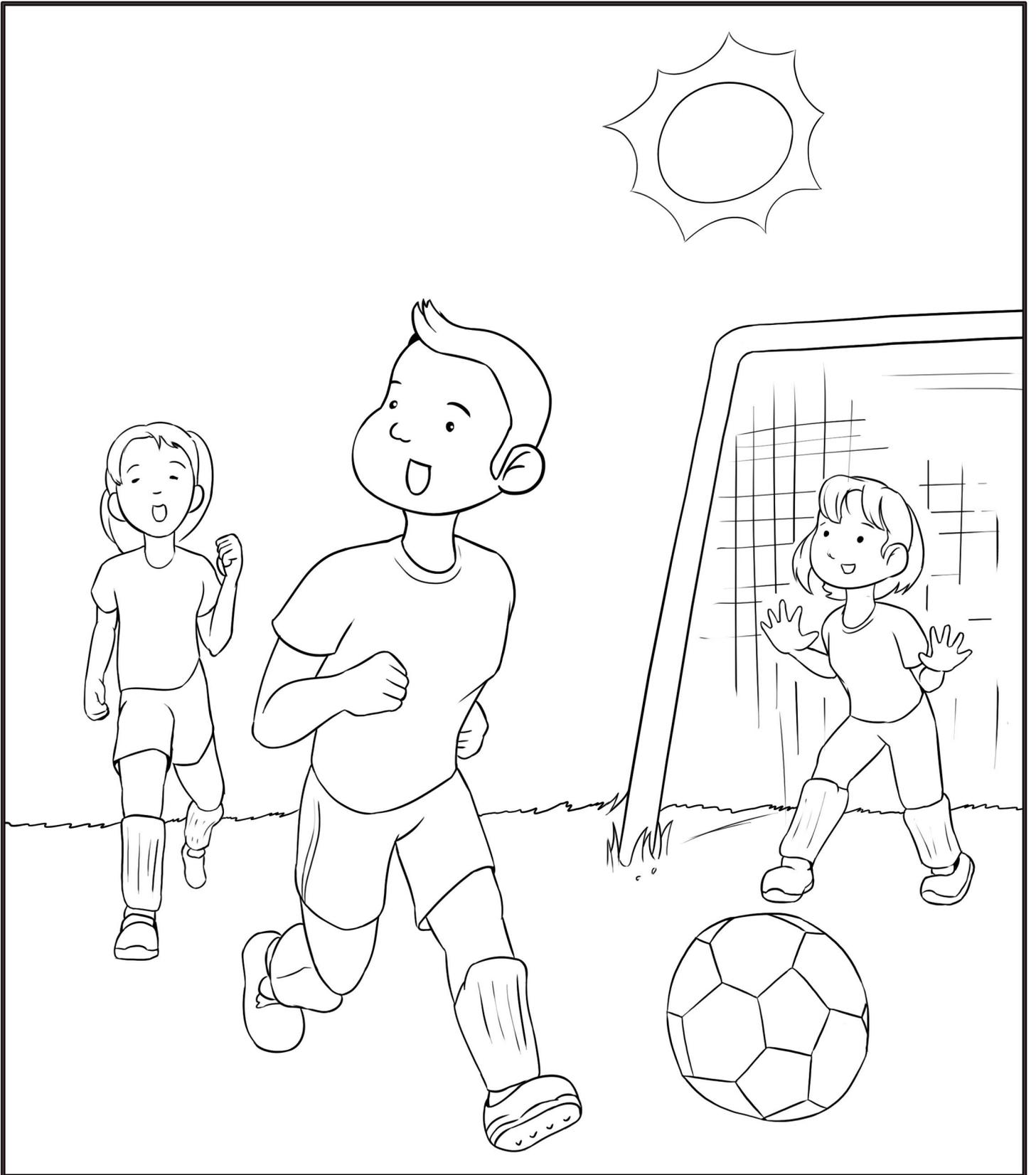
Answers found on page 18



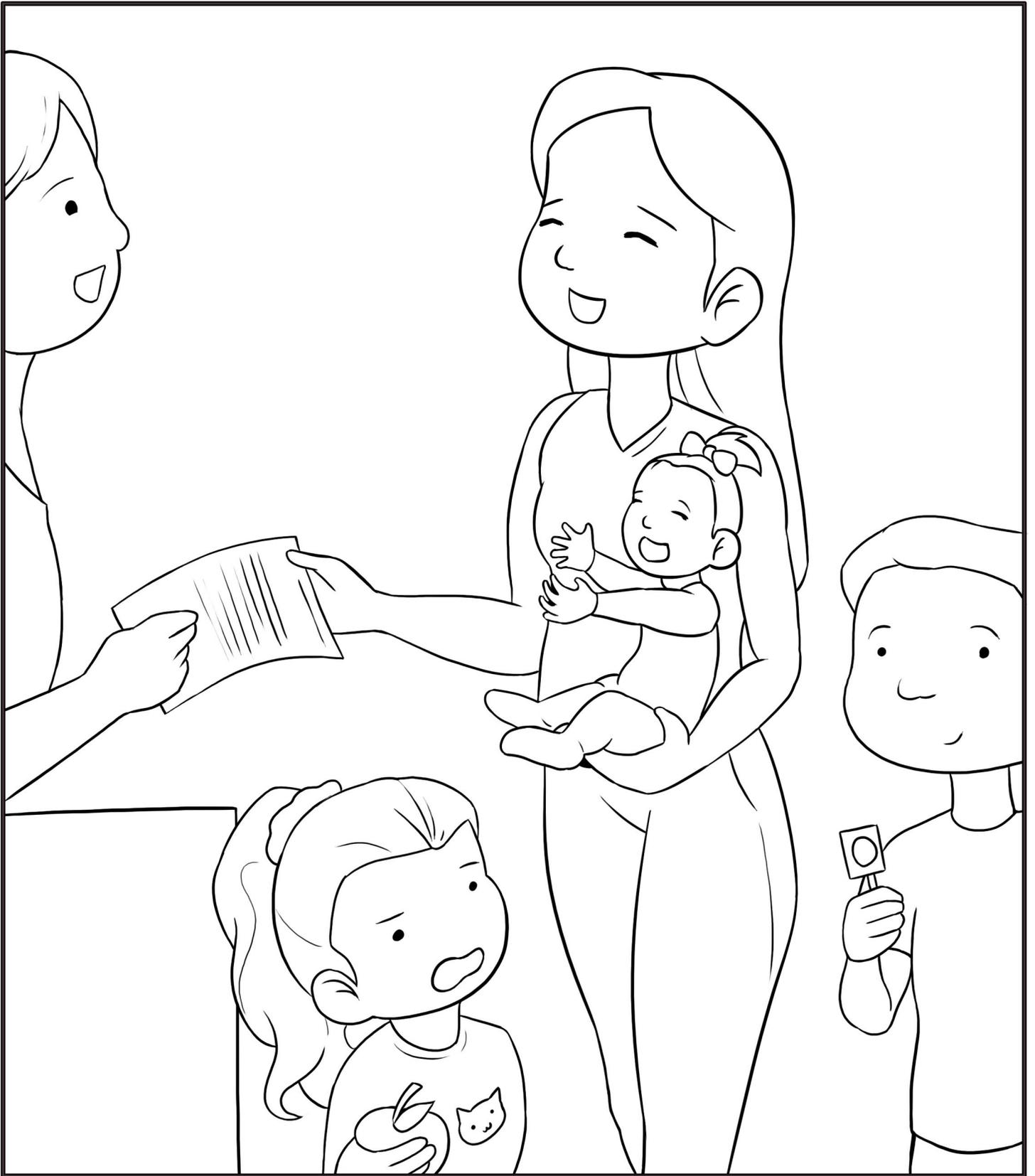
Hi, Tom! Doctor Garcia will see you now!



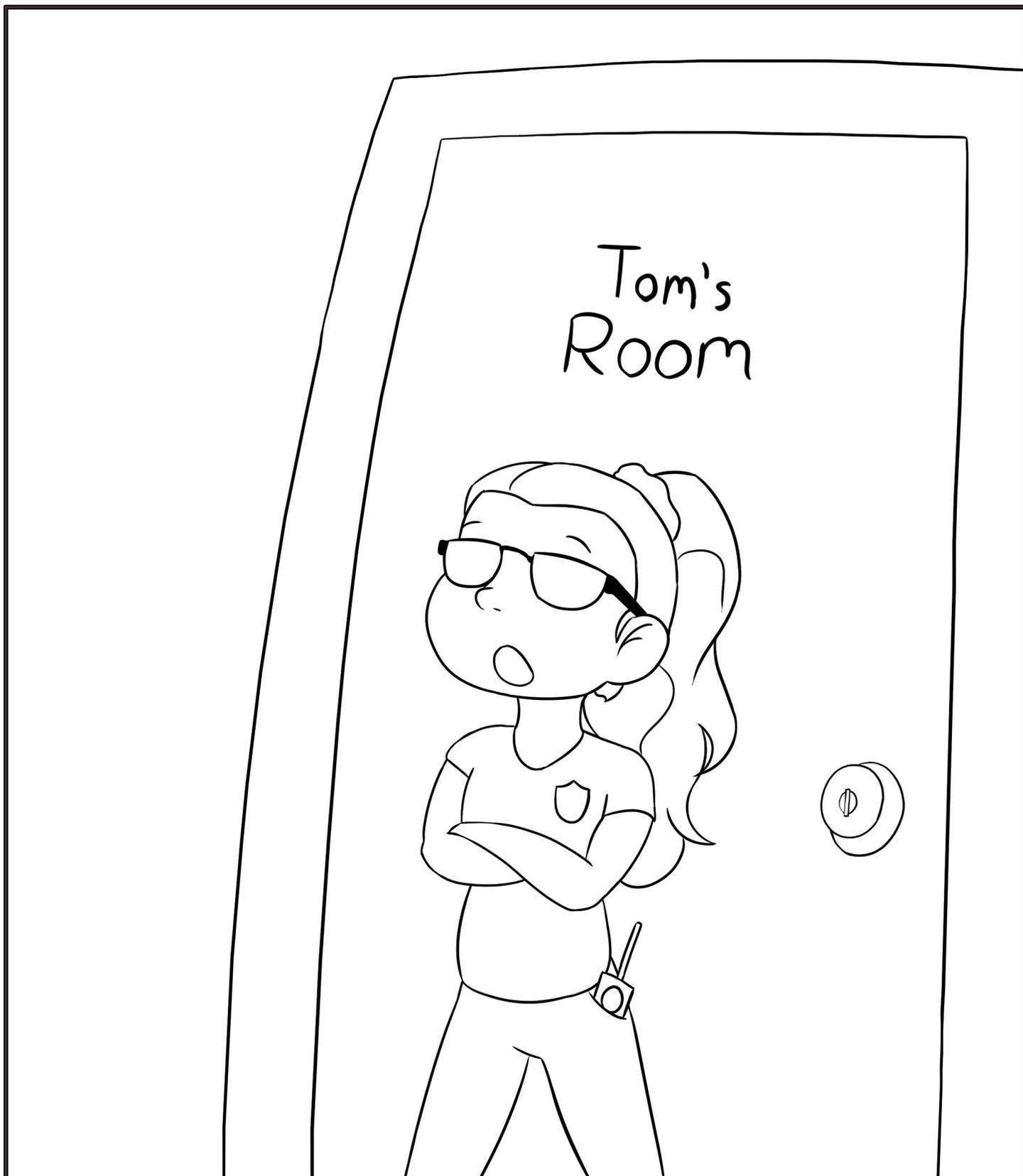
The doctor's tools were actually really cool.
I even got to listen to Tom's heartbeat!
Tom wasn't in any danger after all!



And I learned a lot about staying healthy.
Did you know that playing is exercise?
I sure didn't!

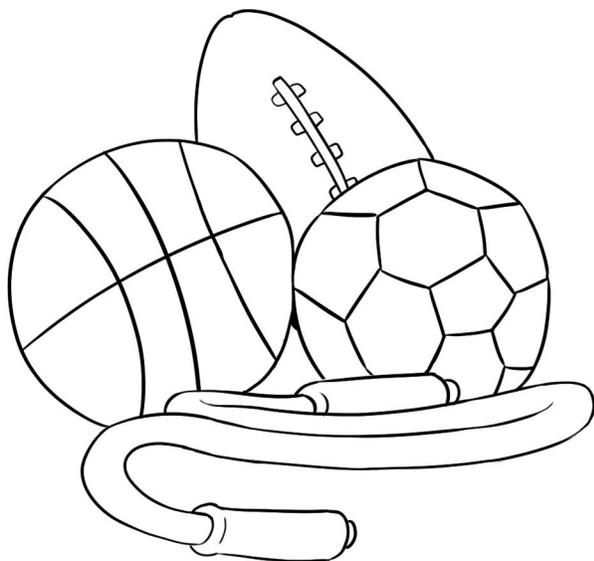


The doctor said Tom had a cold. My mom and my little sister Rey were happy we went to the doctor!



Doctor Garcia says my brother needs medicine
and rest, so I have a new mission:
KEEP TOM HEALTHY!

Can you guess these healthy habits?



Answers found on page 18

What do you and your family do to stay healthy?

Healthy habits make a healthy body. In the space below, list what you and your family do to stay healthy!

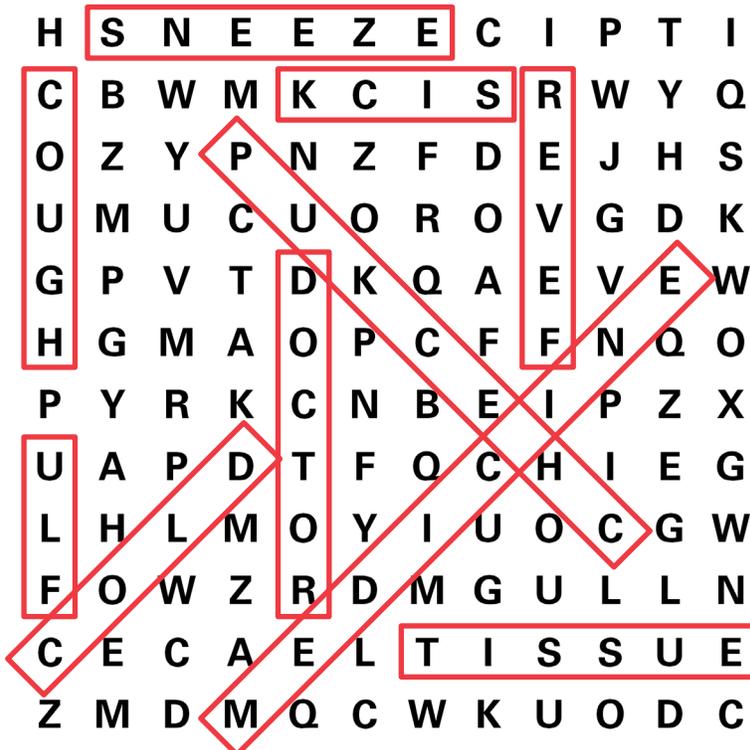


About us

Thank you for reading and coloring with us! We are a health care company promoting healthy living. This coloring book is one of many ways we meet that goal, giving kids of all ages a way to bond, play and discover what a healthy lifestyle means for them and their family together.

Virginia Premier's mission is to inspire healthy living within the communities in Virginia through innovation, strategic partnerships, and industry-leading health care, with a focus on underserved and vulnerable populations.

Answers to page 10



Answers to page 16: exercise, brushing your teeth, washing your hands, drinking water



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