



Mattie Mover & Shaker
loves to exercise. She knows how important it is and wants her friends to stay in shape too.

Her Challenge: She forgets to use sunscreen to protect herself when she goes outside.

Sadie Sound Biter, Casey Cool Kid, Shiloh Shady Character have other challenges. Read what they are in the *Self chec* **PreventionPals** new book "Eat the Rainbow". Order the book at: Selfchec.org/eat-the-rainbow.