

THE HUNGRY MUNGRY

EAT SMART - GROW STRONG

HEALTHY HERO



TRAINING BOOKLET



IMAH_{HEALTHY}HERO.COM



I WANT YOU
TO BE ONE OF MY
HEALTHY HEROES

Congratulations!

You're on your way to becoming one of the
Hungry Mungry's Healthy Heroes!



Your first task in training is to learn the
Healthy Hero Rules!

Then, go to the Healthy Hero Depots to find your
healthy hero good foods so you can

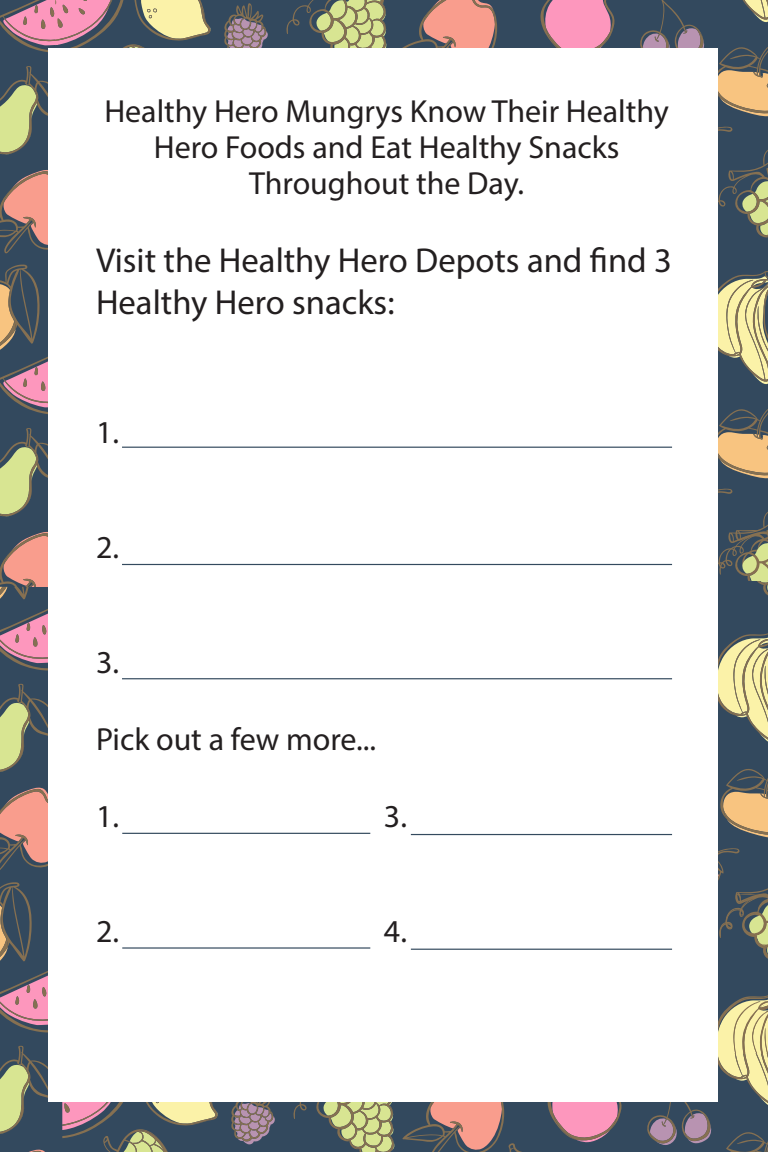
"Eat Smart and Grow Strong"

like your Healthy Hero, The Hungry Mungry!

HEALTHY HERO RULE #1

**EAT GOOD
FOODS FIRST**



A decorative border surrounds the page, featuring various fruits such as watermelon slices, lemons, raspberries, grapes, peaches, pears, and bananas on a dark blue background.

Healthy Hero Mungry Know Their Healthy Hero Foods and Eat Healthy Snacks Throughout the Day.

Visit the Healthy Hero Depots and find 3 Healthy Hero snacks:

1. _____

2. _____

3. _____

Pick out a few more...

1. _____ 3. _____

2. _____ 4. _____

Mungrys Know Their Mungry Macros

Healthy Hero Mungrys know what foods are made of.
What are the Mungry Macros? (For hints, go to the Mungry
Brain Book online at www.ImAHealthyHero.com)

For Mungry Muscles

Mungry Macro Name

What Does It Do?

For Mungry Energy

Mungry Macro Name

What Does It Do?

For More Mungry Brains

Mungry Macro Name

What Does It Do?

Now each of these creates lots of **energy**.

What is the energy called?

Healthy Heros Build Mungry Meals

*Now that you know what good foods are made of,
build your Healthy Hero Meal!*

Pick a Healthy Hero Depot Recipe, find ingredients at the Healthy Hero Depots, and write your ingredients.

For My Mungry Muscles

PROTEIN

For lots of Mungry Energy **CARB**

For My Mungry Brain

HEALTHY FAT

HEALTHY HERO RULE #2

DRINK WATER EVERY DAY

HEALTHY HERO BODIES NEED WATER TO STAY STRONG

Healthy Hero Mungrys Get Water Logged All Day Long

Show the Mungry your water and fill up your water log on the next page.

Mungry Water Log

Mungry Water Log Rules:

Morning:	Wake Up and Empty Your Mungry Cup
Before a Mungry Lunch:	Drink another bunch
Later in the day:	Drink a cup to keep the treads away

Healthy Hero words of wisdom:



If you stay Healthy Hero active, it's never wrong to drink more water to keep you strong.

Mungry Water Log

Color the Mungry glass and show the Mungry all the water you drank!

Fill up the Mungry...He's thirsty!



The page is framed by a dark blue border filled with various colorful fruits and vegetables, including watermelon slices, grapes, raspberries, and oranges.

HEALTHY HERO RULE #3

**KEEP YOUR BODY
HEALTHY AND STRONG**

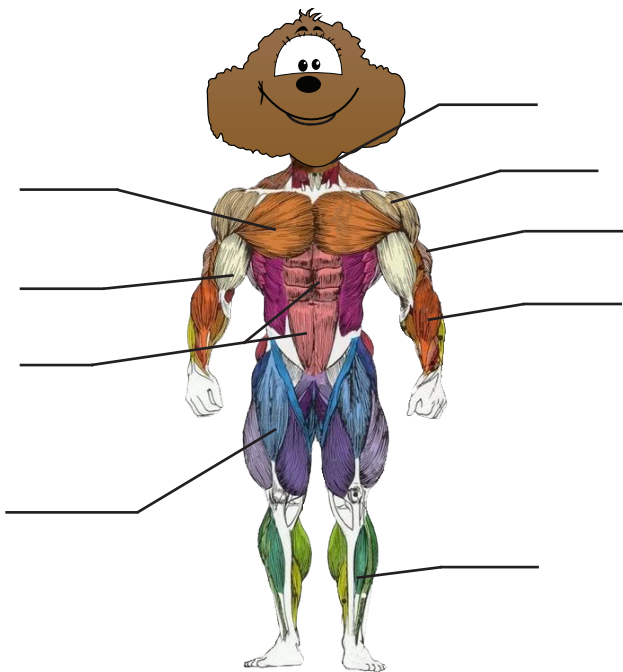
**HEALTHY HEROES
KNOW THEIR MUNGRY
PARTS INSIDE AND OUT**

Mungry on the Outside

Know Your Mungry Muscles

Fill in the body parts using the word bank below.

Reference the Brain Book for answers.



Word Bank

Abs
Biceps
Calves

Delts
Forearms
Neck

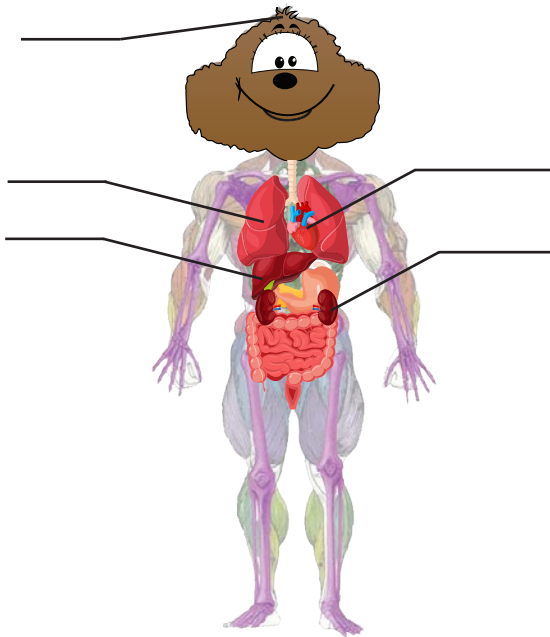
Pecs
Quadriceps
Tricep

Mungry on the Inside

Know Your Mungry Organs

Fill in the body parts using the word bank below.

Reference the Brain Book for answers.



Word Bank

Brain
Heart
Kidneys

Liver
Lungs

HEALTHY HERO RULE #4

HEALTHY HEROES KEEP THEIR BODIES MOVING

Warm Up/Exercise Log

Go to depots to complete an exercise at the depot and get it checked off by a vendor.

- Mungry Touch the Sky (repeat x3)

- Mungry Toe Ticklers (repeat x3)

- Mungry Twist (repeat x3)

A decorative border of various fruits including lemons, raspberries, grapes, apples, pinks, cherries, watermelon slices, and strawberries surrounds the central white area.

Thank You to Our Sponsors

Color Me!



CONGRATULATIONS!
YOU'VE COMPLETED
PART 1 OF YOUR
HEALTHY HERO TRAINING!

