## The Facts

Here are some facts about obesity:

1. 29% of people in Daviess County in are inactive.
2. 24% of Daviess County residents are obese.
3. Only 15.9% of people eat the right amount of fruits and vegetables.

## Healthy and tasty snacks

1. Fruit

## Be A Hero. eat healthy and exercise.

1. Vegetables
2. 

Performed by the Life Science Academy

# herOes

Date of publication

Funny jokes!

1. How do you make an artichoke?

Strangle It

1. Why did the grape stop in the middle in the road?

He ran out of juice

### Our skits

* Heroes:
	+ Eat Healthy
	+ Exercise
* Villians:
	+ Eat Unhealthy
	+ Are Lazy.

Some of our heroes include Batman, Spiderman, and the Incredible Hulk.

Some of our villains include Venom and Catwoman

Fun ways you can exercise

* Playing sports
* Playing tag
* dancing

### Our SOurces

* Kentucky Health Facts. (2008). Location: Daviess County. [accessed 26 February 2013]. Retrieved from <http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2C2%2C3%2C5%2C8%2C11&loc=30>
* Mayo Clinic. (2013). Exercise: 7 Benefits of Regular Physical Activity. [accessed 3 March 2013]. Retrieved from <http://www.mayoclinic.com/health/exercise/HQ01676>
* Prongo.com.Jokes(2012) [accessed March 10 2013] retriebed from <http://www.prongo.com/jokes/index.asp>

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