Live orange. Eat oranges.

Fill half your plate with fruits and veggies for Pistol Pete’s sake!

ShapeYourFutureOK.com
Eat better. Move more. Be tobacco free.
Cowboy up and move more.

Kids need 60 minutes of physical activity every day.

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Put the water in Stillwater.

Rethink your drink. Choose healthy, refreshing water over sugary drinks.