

# 8-Steps to A Happy Lifestyle Coloring Book

Illustrated by: Craig Hayes

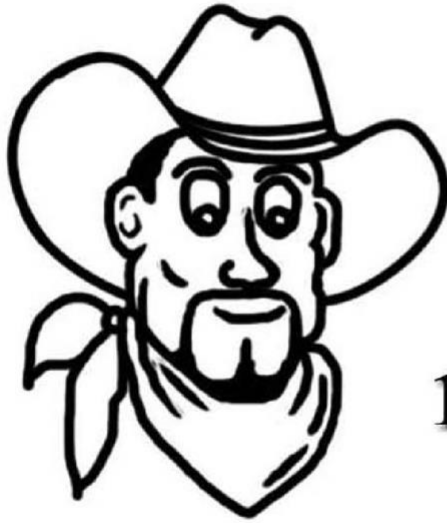
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**I want to live to be 100 years old.  
How about you?  
Following these eight steps will lead to  
a healthier and happier life.**



*Cowboy Ted*



## **1. Respect Parents**

**Howdy Boys  
and Girls.**

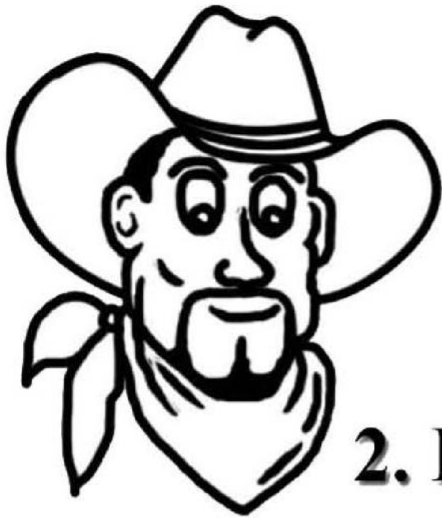


**To get Respect in return,  
it is good to show respect first.**

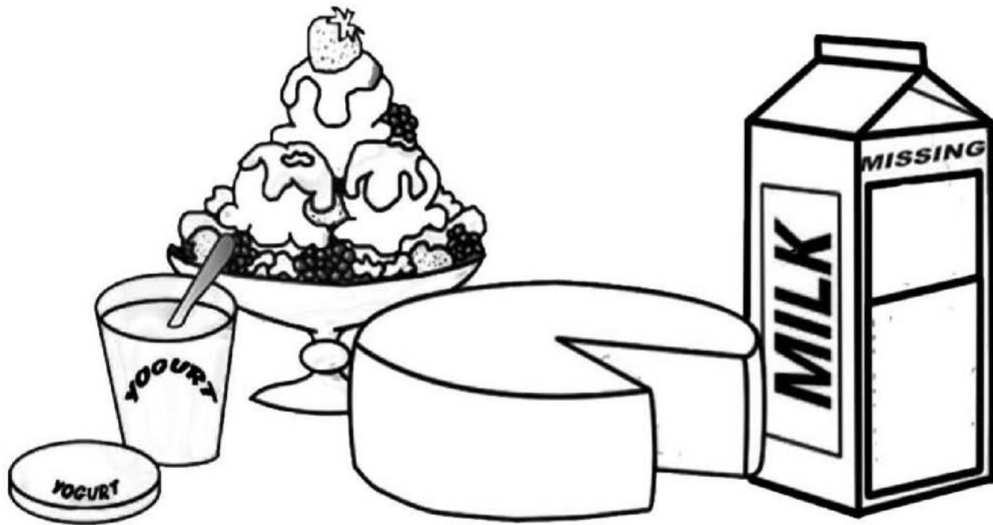
**That's my  
Mom and Pop.  
They tell me things  
to keep me safe.**




**If you respect others and listen to them,  
they will listen to you.**



## **2. Lead a Healthy Lifestyle**



**Kids need three servings of dairy products every day to build healthy bones and teeth.**



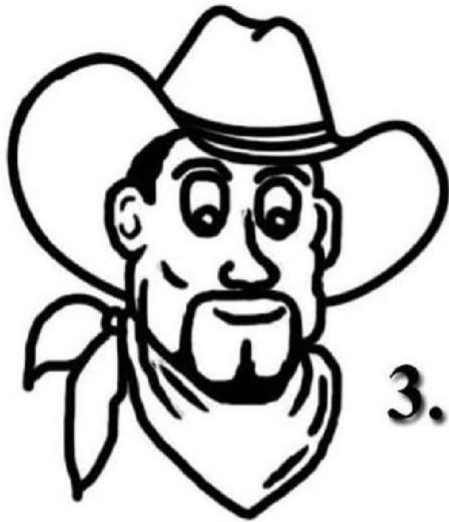
**We exercise and  
wash our hands  
regularly.**

**Most germs and bacteria that cause sickness are brought  
into your body through your hands touching  
your mouth, eyes and nose.**



**Drink 6 - 8 cups of water everyday.  
Exercise 60 minutes everyday, and  
always wash your hands.**





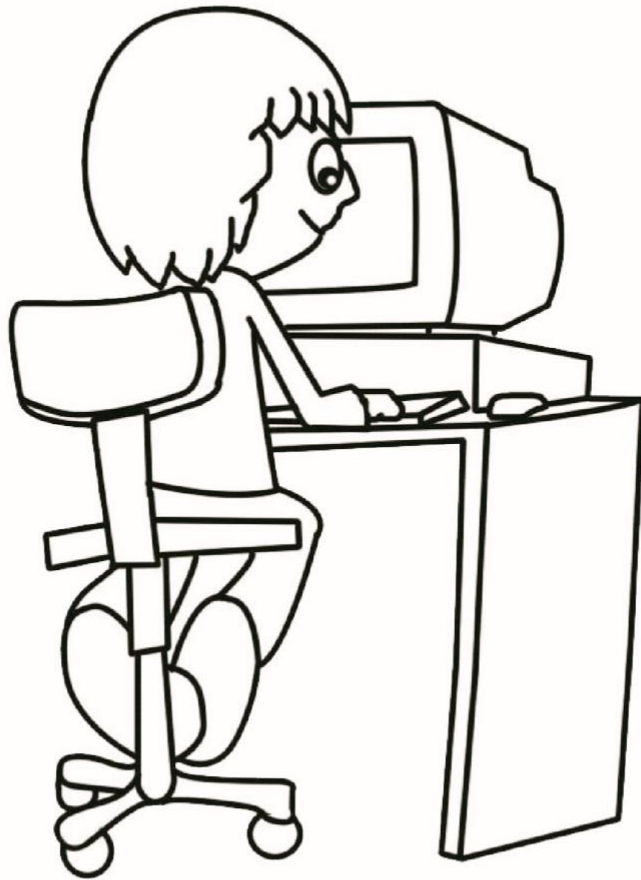
### **3. Work Hard in School**

Reading  
opens doors for  
your future.



**Read at least 30 minutes everyday  
and you will be ready for college and a  
career.**

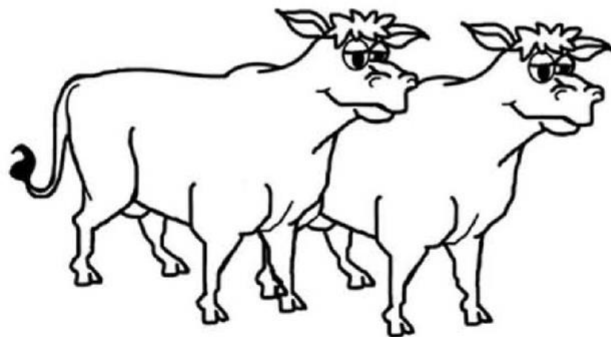
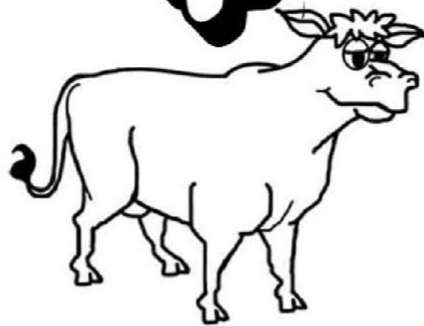
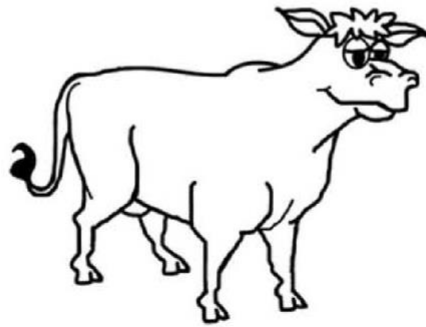
## **Practice on the Computer.**



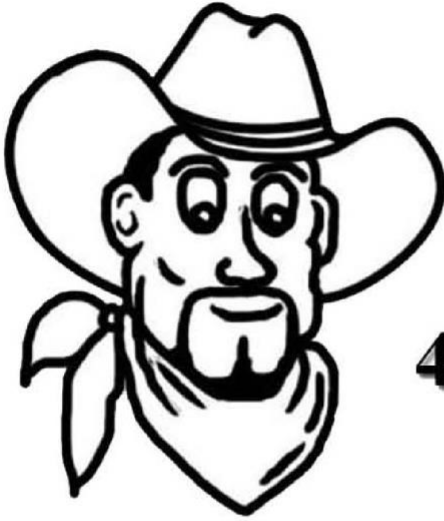
**Cowboy Ted uses computers  
to talk on the radio.**

Ask questions, study hard and  
set goals.

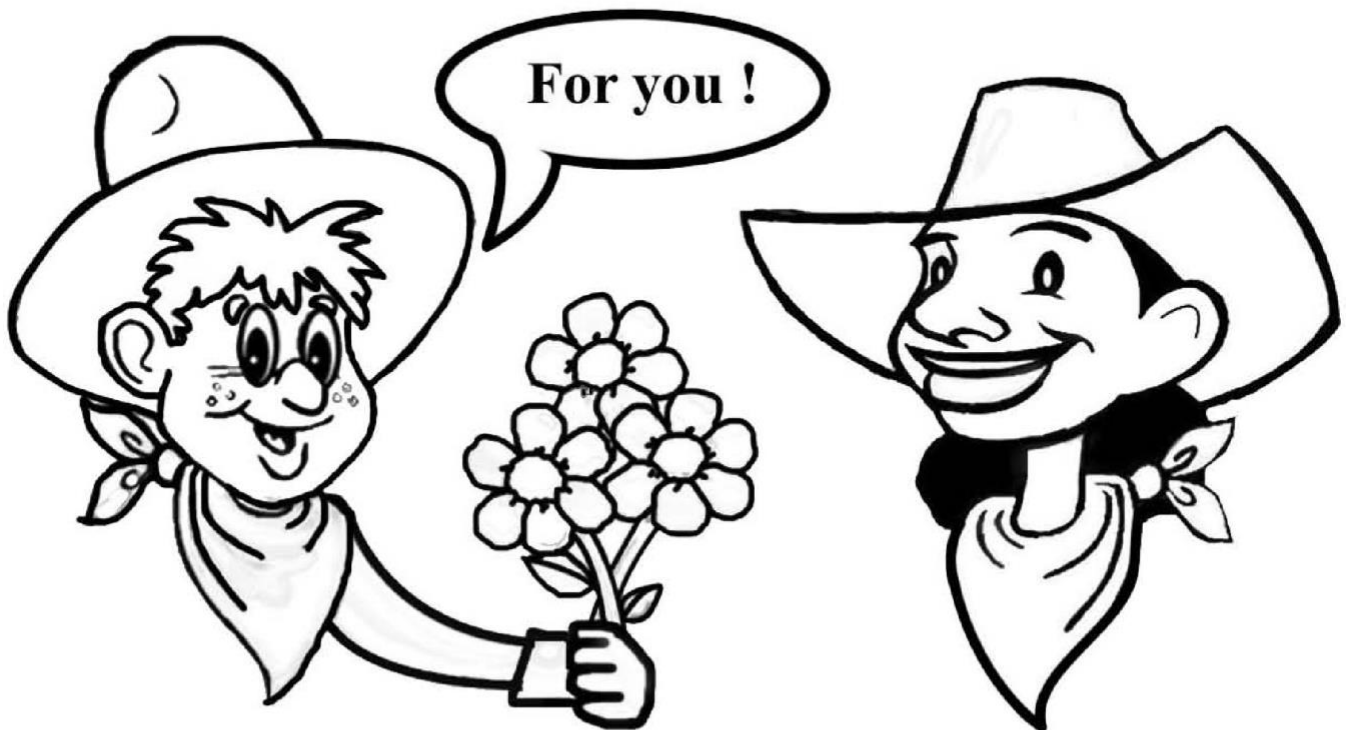
$$1 + 1 = 2$$



ABCDEFGHIJKLMNOPQRSTUVWXYZ



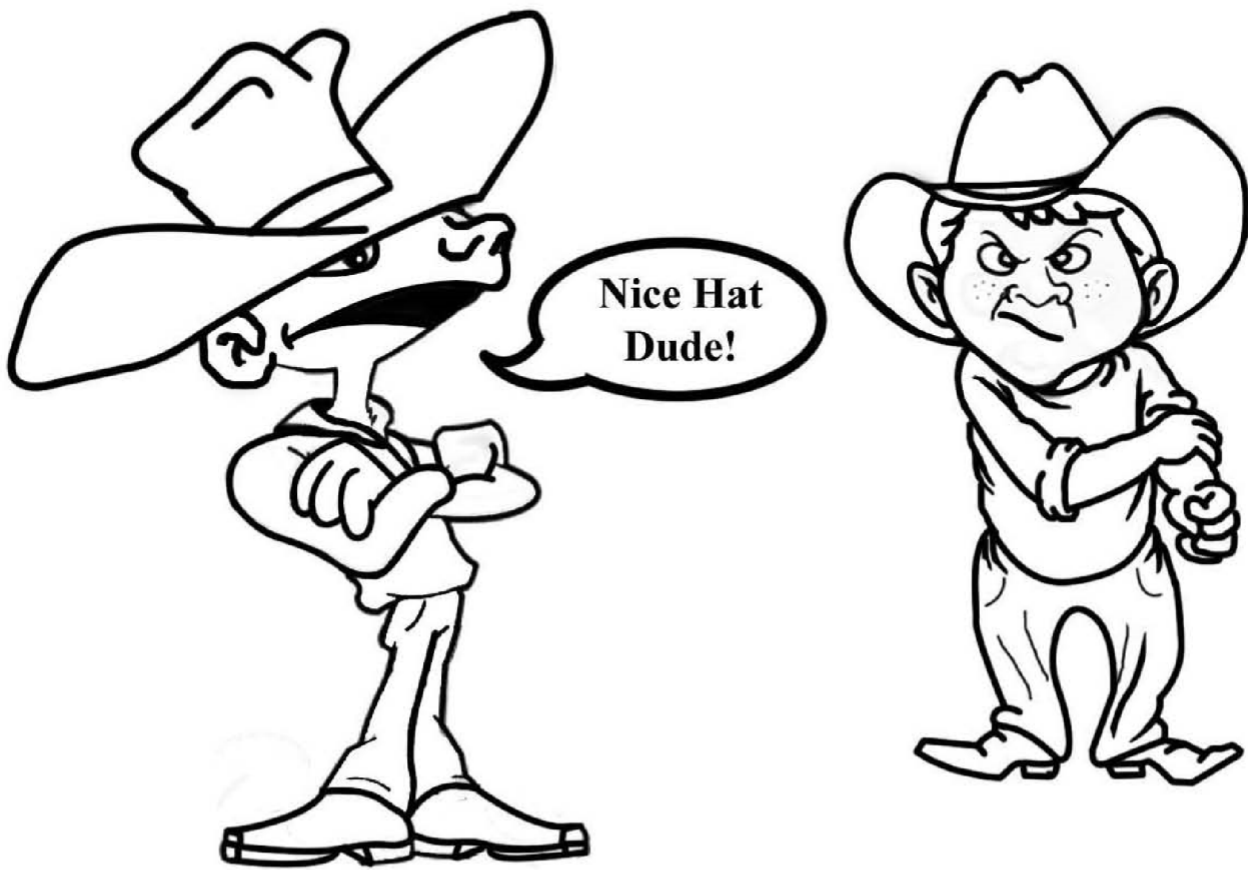
## **4. Be Nice to Others**



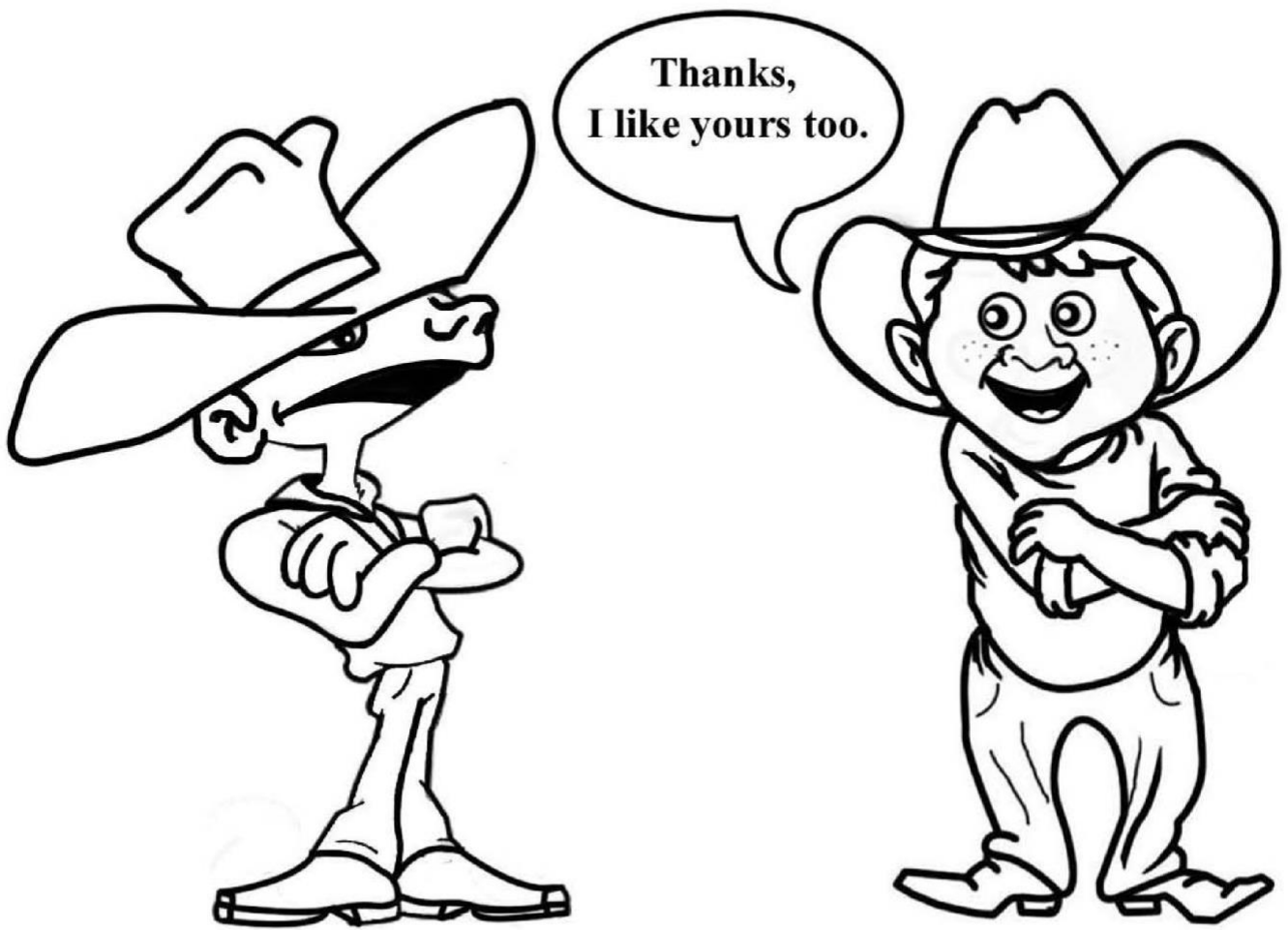
**Being nice to others makes you feel good inside  
and makes the other person feel good.**

**Nobody likes a bully.**

**Reach out to others with kindness.**



**A little kindness can go a long way.**

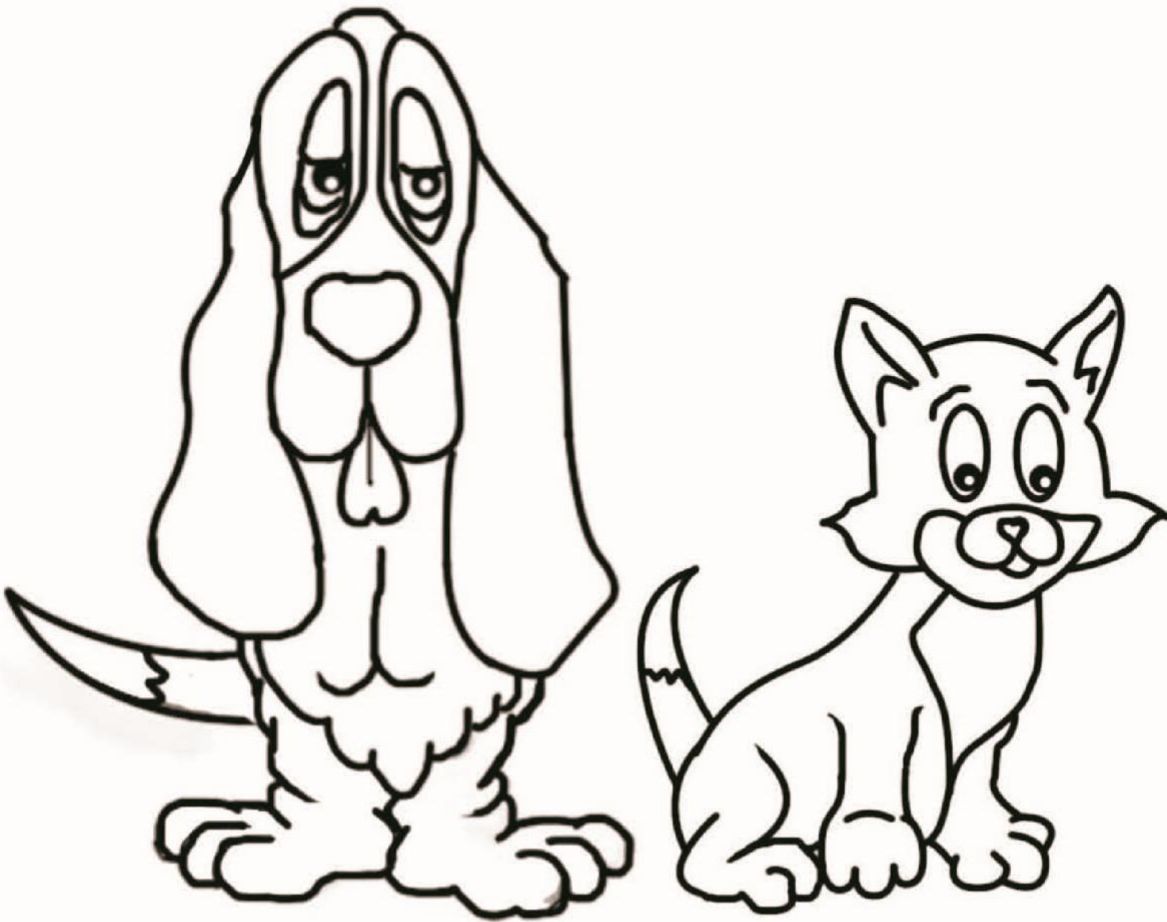


**Being nice actually makes you healthy,  
as it lowers your heart rate and breathing.**



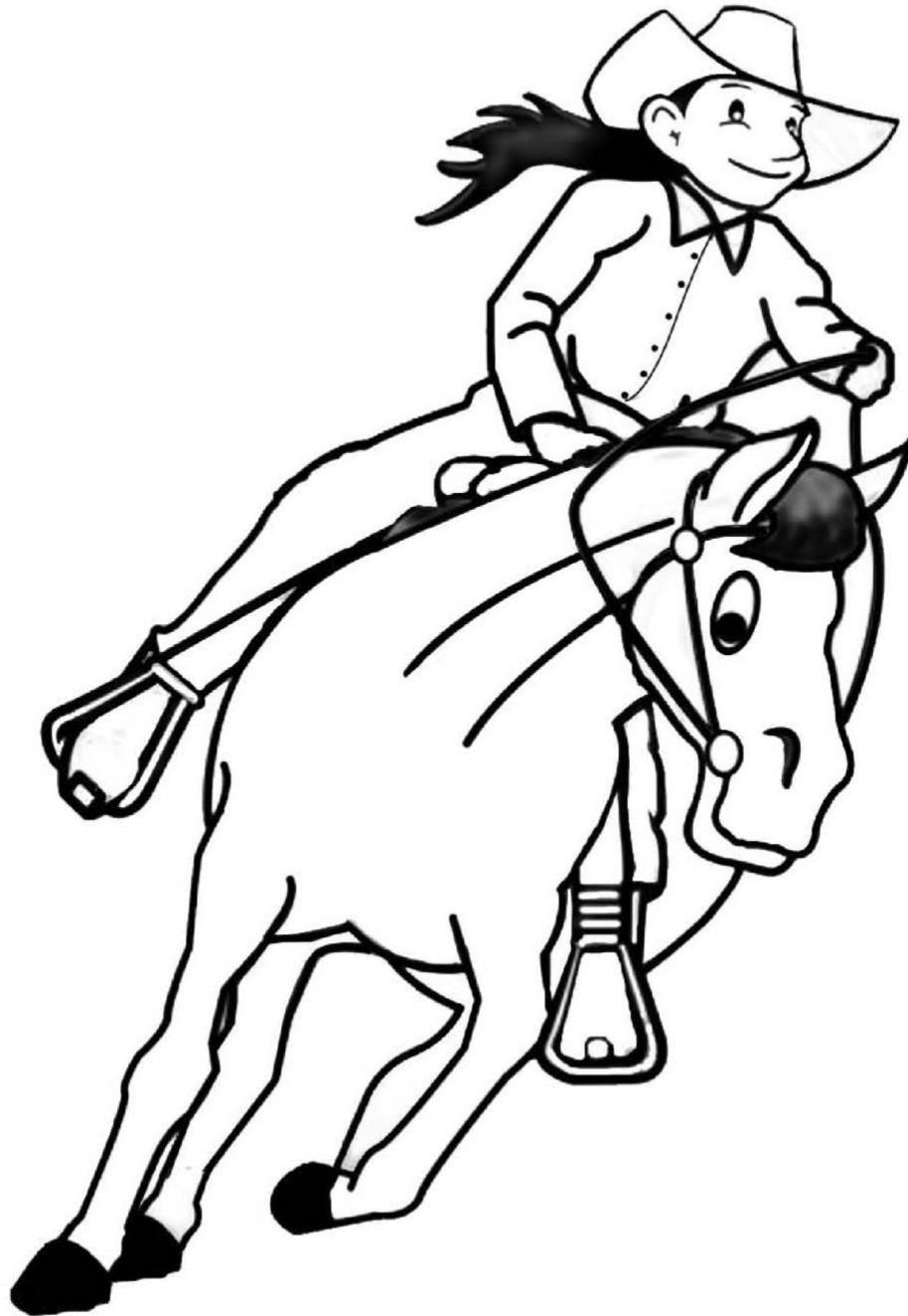
## **5. Be Kind to Animals**

**Do You Like Animals?**




**Do you have a dog, a cat, a horse, a fish,  
or some other animal?**

**Do you like to spend time with animals?**



**You will feel good on the inside when you spend time with animals, and this will make you healthier.**





Remember to feed  
and water your pets



## **6. Set Goals for Yourself**



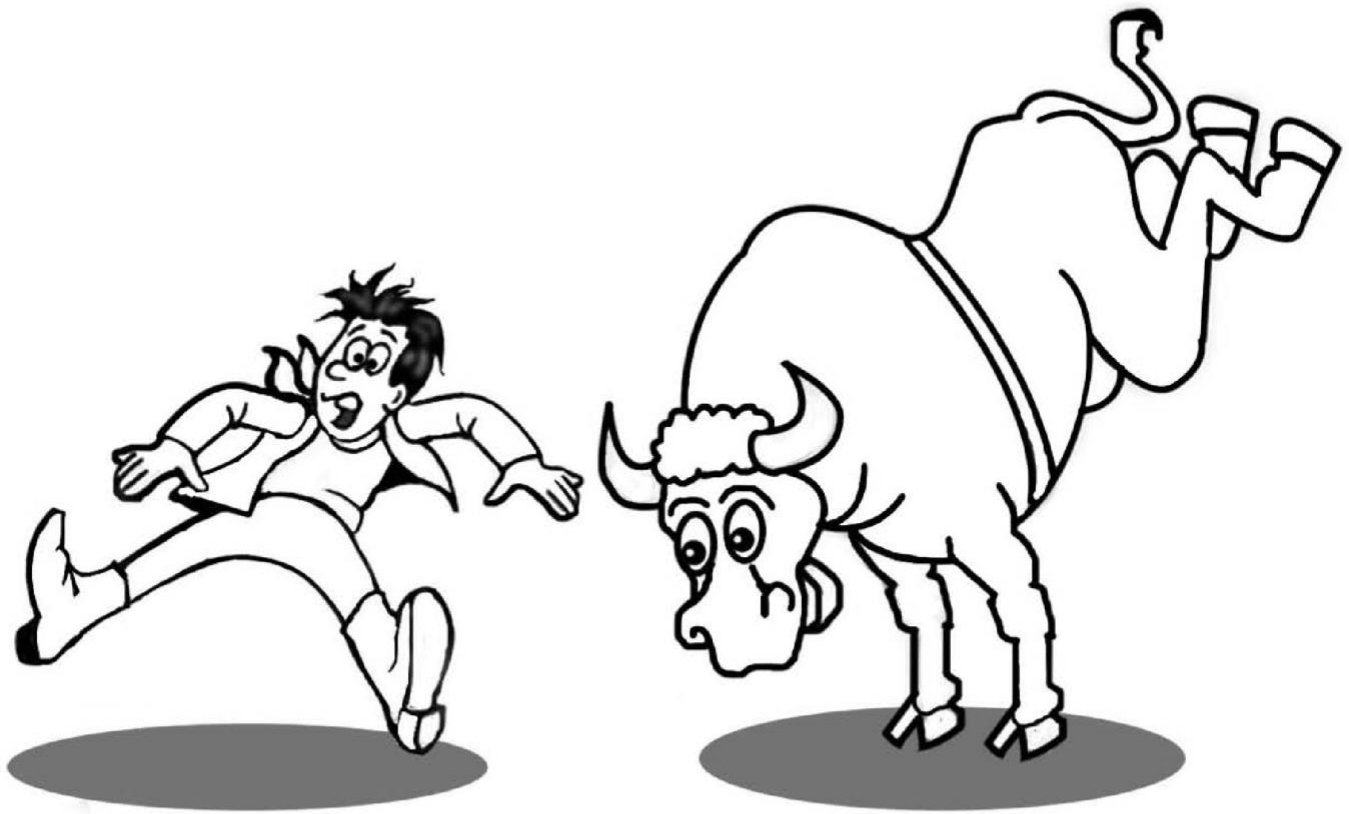
**A Goal is anything that you want to do  
in life.**

**You could set a goal of roping a bull,  
or getting an A on your report card.**

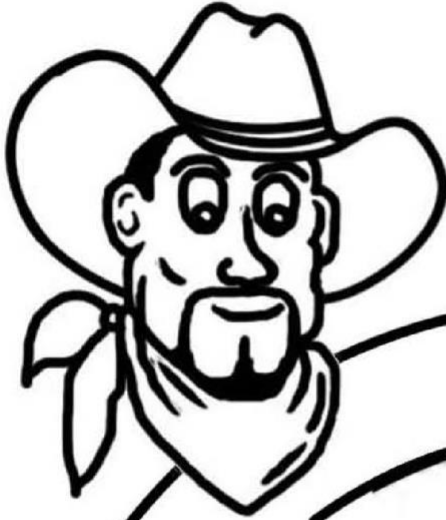


**How many times do we try?  
AS MANY AS IT TAKES.**

**You have to practice to get better  
at any activity in life.**



**AS MANY AS IT TAKES!!!**

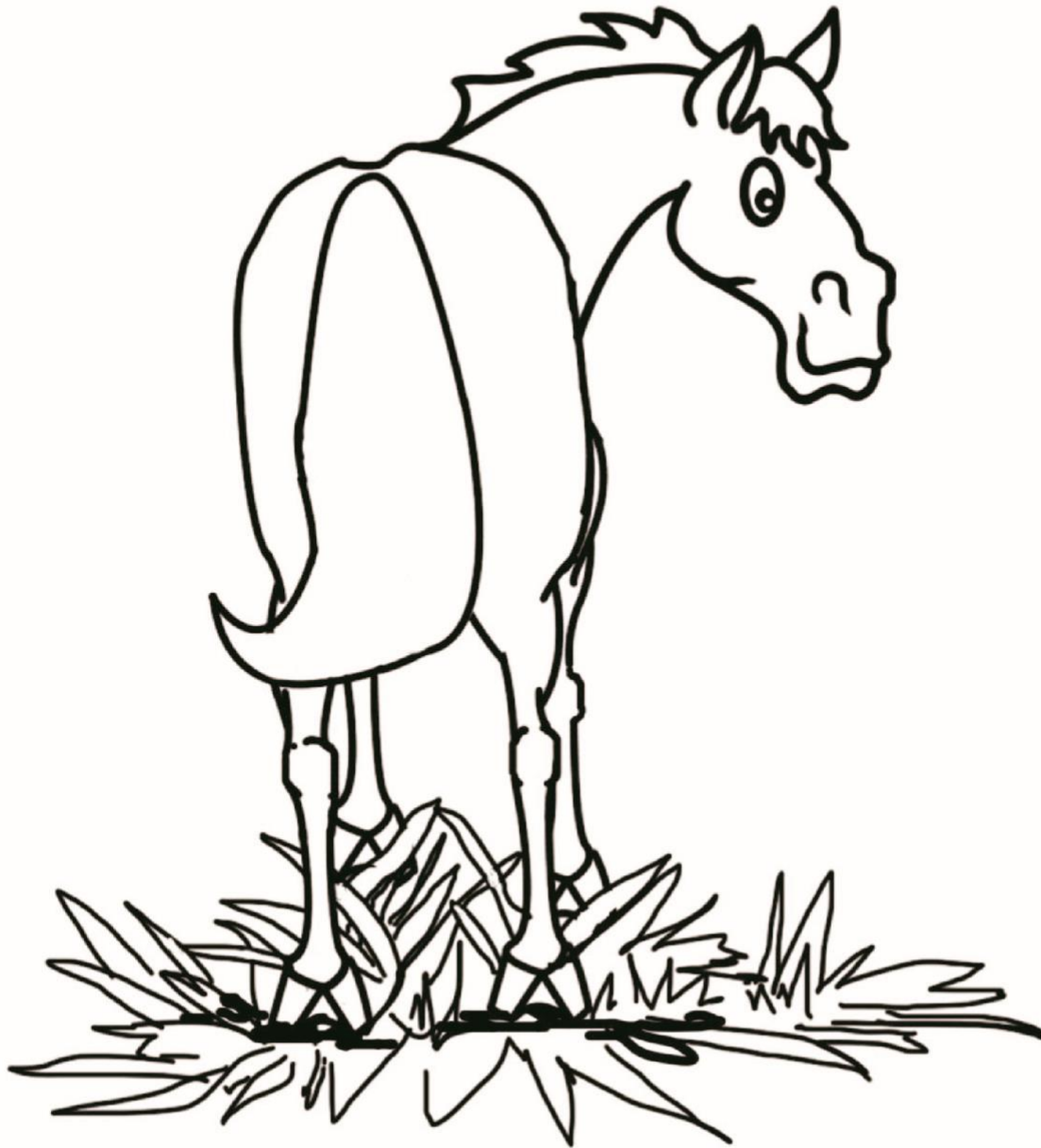


## **7. No Drugs, Tobacco or Alcohol**

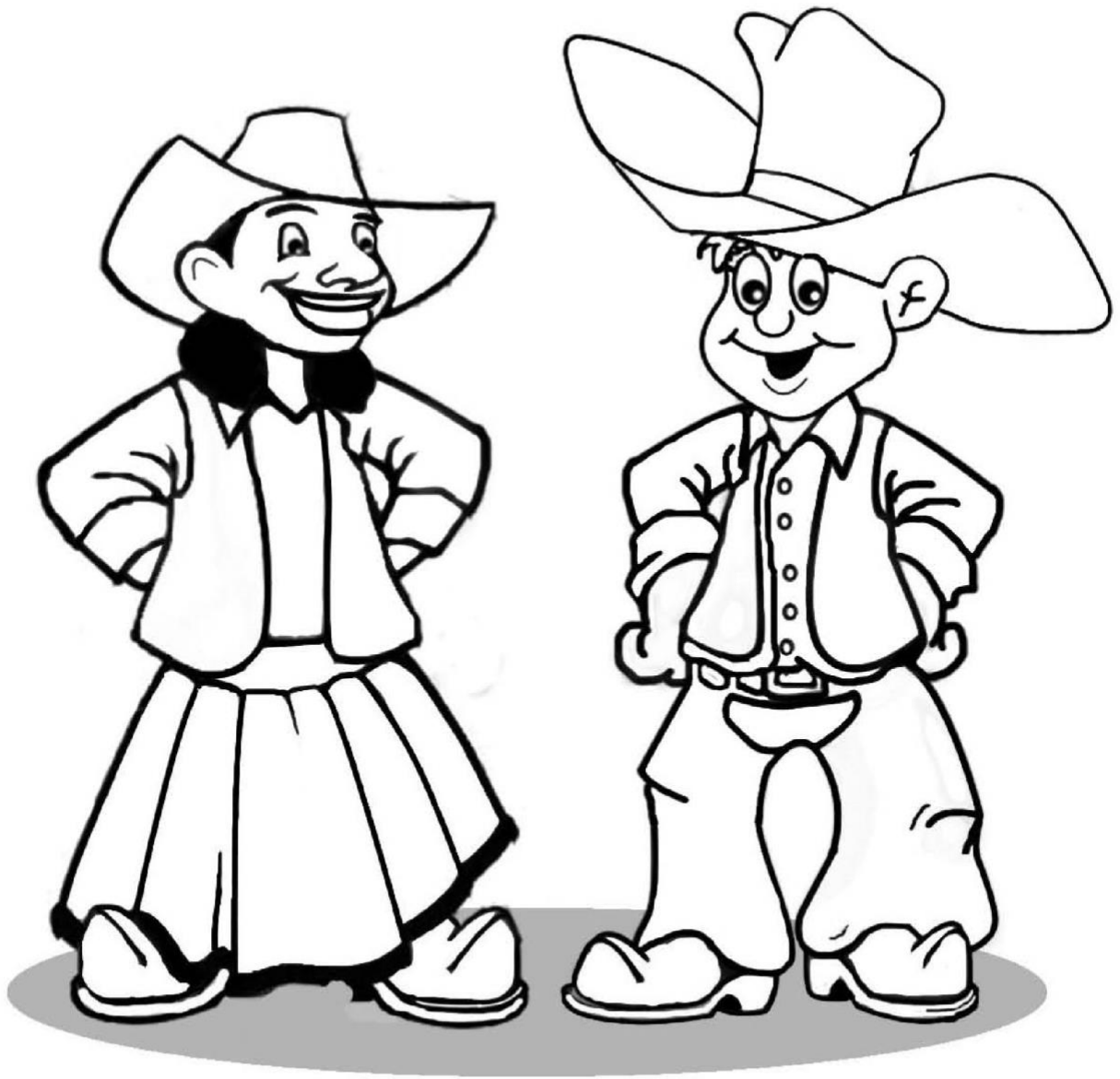


**Drugs, Tobacco and Alcohol  
are unhealthy for you.  
They damage your body and mind.**

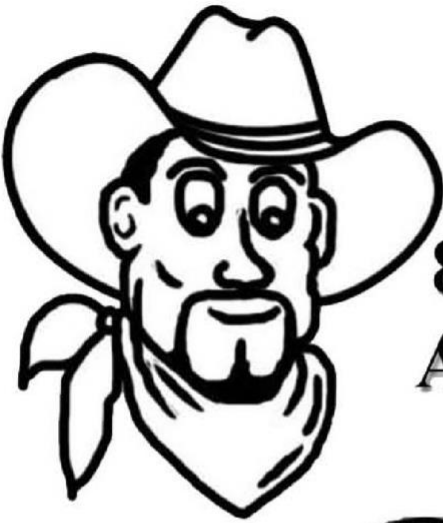
**Just walk away from  
Drugs, Alcohol, Tobacco  
and second-hand smoke.**



**Remember, a real bull or horse will walk away  
from tobacco, alcohol and drugs.**



**Be smart Cowpokes,  
walk away from  
DRUGS, ALCOHOL or TOBACCO.**



## **8. Do Something Nice for Another Person Everyday**



I am a Rodeo Clown.  
I help the Cowboys.

**Helping another person will make you feel good on the inside, and make your entire body healthy.**





**Helping others will make you feel GOOD!**



