

Flat HIP HOP next page!



## Flat HIP HOP How To:

1. Make a printed copy of Flat HIP HOP or pick one up at your local library.
2. You can color HIP HOP or leave him the way he is. Put him on cardboard to make him sturdier or add a stick to hold him better—whatever you want to do!
3. Take HIP HOP with you to your local parks, woods, trails, or away with you on vacation to get pictures of HIP HOP involved in wellness and doing healthy things.
4. E-mail your photos to [jma334@cornell.edu](mailto:jma334@cornell.edu) to be posted on Facebook or post them yourself on HIP HOP's Facebook page (they will have to wait for administrative approval). **By sending photos you are releasing them to be posted—please be sure to send only photos you would like other people to be able to see. Your children do not need to be in the photos.**

### Ideas to Get You Started:

Take pictures with HIP HOP while having fun playing.

Take pictures with HIP HOP while eating fruits and vegetables, drinking water and skim milk.

Take pictures with HIP HOP getting ready to get a good night's rest or taking a nap.

Take pictures with HIP HOP volunteering, HIP HOP reading at the library.

Take pictures of HIP HOP being safe

There are six areas of wellness: Physical (play, eating well and not too much, safety), Environmental (being outside, recycling, cleaning up litter as some examples), Learning, Emotional, Social (being helped and being helpful to others), and Values/Spiritual—so Flat HIP HOP in any in those areas will work!

## HIP HOP says to be well...



Hour or more  
of Fun Physical  
Activity/Play



Servings of  
Fruits and  
Vegetables Every  
Day



Hours or Less of TV,  
video games, and  
computer time

Plus—O sugary drinks, choosing  
skim milk and water, and getting a  
good night's sleep!

## Who is HIP HOP?

- ☺ HIP HOP supports childhood wellness in Livingston County—he wants all children to have a good start for a healthier future!
- ☺ He is a friend of the Cornell Cooperative Extension, Livingston County Departments of Health and Youth Bureau, and Noyes Memorial Hospital.
- ☺ HIP HOP stands for **Healthy InPut** (things like fruits and vegetables) and **Healthy OutPut** (play every day).
- ☺ You can find out more about HIP HOP at [www.ccelivingstoncounty.org](http://www.ccelivingstoncounty.org) or [www.qvhp.org](http://www.qvhp.org) and on Facebook!

Want to get involved with HIP HOP? e-mail [jma334@cornell.edu](mailto:jma334@cornell.edu)

