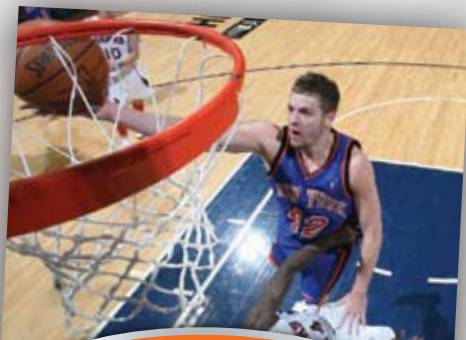




Make The **NBA FIT** Team By Living Healthy

Write in your stats below and see how you stack up to the pros!

THE STARTING FIVE



DAVID LEE
NEW YORK KNICKS

Height: 6'9" Weight: 250 lbs.

Strengths: Double-doubles

Secret weapon: Cardio workouts

Favorite breakfast: Omelets

Favorite pre-game meal:

Two bagels with peanut butter and bananas

Favorite non-basketball workout: Running on the beach

Favorite backyard game: Throwing the football around



YOUR PICTURE

YOUR NAME

YOUR FUTURE NBA TEAM

Height: _____ Weight: _____

Strengths: _____

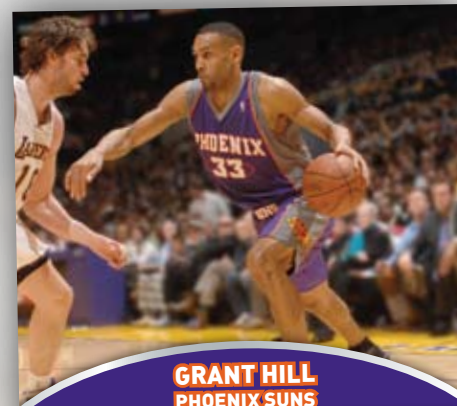
Secret weapon: _____

Favorite breakfast: _____

Favorite brown bag lunch: _____

Favorite non-basketball workout: _____

Favorite backyard game: _____



GRANT HILL
PHOENIX SUNS

Height: 6'8" Weight: 225 lbs.

Strengths: Mid-range jump shot

Secret weapon: Healthy eating

Favorite non-basketball workout: Bicycling

Favorite breakfast: Oatmeal waffles with agave syrup

Favorite brown bag lunch: Turkey sandwich and banana

Favorite post-game meal: Salad and chicken or fish



JOSE (J.J.) BAREA
DALLAS MAVERICKS

Height: 6'0" Weight: 175 lbs.

Strengths: Quickness

Secret weapon: Crossover dribble

Favorite breakfast: Ham, egg, and cheese on a bagel

Favorite pre-game meal: Pasta with chicken

Favorite non-basketball workout: Playing tennis

Favorite backyard game: H.O.R.S.E.



Be An All-Star FIT Kid!

- Bench the junk food – eat more fruits and vegetables.
- Dribble on the court, not on your chin – drink water and milk most often.
- You shoot, you score – when you exercise every day!

Be An All-Star FIT Parent!

- Stock up – keep a variety of healthy foods on hand.
- Get cooking – teach your kids to cook and eat together as a family.
- Walk the talk – be a role model by eating healthy and being active yourself.



BRANDON ROY
PORTLAND TRAIL BLAZERS

Height: 6'6" Weight: 211 lbs.

Strengths: Dribbling

Secret weapon: Core training

Favorite breakfast: Cereal

Favorite brown bag lunch: Peanut butter and jelly

Favorite post-game meal: Steak with vegetables

Favorite non-basketball workout: Chasing my kids



NBA FIT encourages all kids, teens, and parents to adopt healthy food and fitness habits. Visit **NBA FIT** to get fit and healthy like your favorite NBA stars! nba.com/nbafit

KidsHealth

KidsHealth.org

All health information provided by KidsHealth.
©2010 The Nemours Foundation/KidsHealth. All rights reserved.