

THE

NON-ZOMBIE

TIPS GUIDE



The Care and Keeping of Zombies

Written by Benjamin Harper, Illustrated by Mariano Epelbaum

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NON-ZOMBIE TIPS

FOR HEALTHY EATING

1. Non-zombies should try to eat vegetables at every meal!
2. Zombies love to eat anything around, but non-zombies should limit the number of sweets they have. A little goes a long way!
3. When it comes to fruit, non-zombies should eat a rainbow! Fruit comes in all different colors.
4. Non-zombies should limit the amount of red meat they eat. Beans, nuts, seeds, fish, eggs, and poultry are all good sources of protein!
5. Water is great to keep the living hydrated and healthy! Juice is good, too, but should be limited to one glass a day—it's full of sugar!
6. Whole wheat bread is best! White bread is processed and not as good for non-zombies.





NON-ZOMBIE TIPS

FOR SLEEP

1. Be sure to brush your teeth!
2. Take a bath with lots of soap.
3. Put on your pajamas!
4. Pick out a story to help you fall asleep.
5. Say goodnight to everyone!
6. Turn off the light.

Nighty-night!





NON-ZOMBIE TIPS

FOR KEEPING CLEAN

1. Non-zombies should brush their teeth in the morning, after every meal, and right before bed. Flossing once a day is important too!
2. Be sure to brush your hair, and make sure it's neat and clean.
3. Make sure to wash your hands for at least 20 seconds each time!
4. Make sure to brush for two minutes each time you clean your teeth!
5. Zombies don't do it, but you should make sure your fingernails are trimmed and clean.
6. After potty time, wash your hands! Sing "Happy Birthday" while washing—that's how long you need to do it in order to get clean.
7. Wash your hands before dinner!
8. If you're not a zombie, take a bath before bed. Use soap on your body and shampoo on your hair so you are squeaky clean!





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NON-ZOMBIE TIPS

FOR EXERCISE

1. Non-zombies should get at least 60 minutes of exercise every single day.
2. Early morning stretches or yoga are a great way to start a non-zombie day!
3. Riding your bike or walking to school is a fun way to get exercise.
4. Aerobic exercise (gets your heart pumping faster!) should make up most of your daily 60 minutes. Swimming, running, and dancing are all great examples!
5. Exercises like push-ups and sit-ups help build up your muscles!
6. Jumping and running are not only fun, they also help strengthen your bones.

Remember to drink water!



