



In **June**  
And all year round



# “REACH HIGHER”

Great weather. School’s almost out. **WHAT’S YOUR EXCUSE?**  
Ride a bike, learn a new sport. **Do something different!**

Use this bookmark every day in June and be adventurous in “jolt” orange.

This bookmark belongs to.....  
For more information about *The 12 Habits 4 All of Us*™ contact: elaine\_parke@yahoo.com, 814-779-2060.

Health Focus  
**IMPROVE YOUR HEALTH**

Color Cue  
“JOLT”  
**ORANGE**

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