



Healthy & Fit Families.

Four simple tips.

The most important part of raising healthy children is to commit to a healthy and active lifestyle everyday. Making healthy choices doesn't have to cost a lot or take a lot of time. Here are some simple things you can do to help your children be healthy and fit.

Be active everyday with your children.

1

Children need to get at least 1 hour of physical activity everyday for a strong and healthy body – adults need thirty minutes – so why not be active together? Make time for fun family activities like taking walks, tossing a ball, shooting hoops, jumping rope or dancing in the living room. Visit a neighborhood park, playground or recreation center. You can squeeze in 10 minutes of activity lots of different ways and it all adds up to more energy, better health and feeling good.

Move away from the screen – TV, video games and computer!

2

Children who spend more than 2 hours a day in front of a screen are more likely to be overweight and less likely to do well in school. Strengthen your child's body and mind by setting limits on screen time (no more than 2 hours) and doing something together as a family – play a game, read, eat dinner together or take a walk and talk.

Stop the pop. Make healthy drink choices.

3

Most kids today are getting too many calories from sugary drinks like regular soda pop, fruit drinks, Kool-aid® and sports drinks. The healthiest drink choices are water, fat-free milk, 1% milk (for children aged 2 and older), or 100% fruit juice (limit to 8-12 ounces a day). Serve sugary drinks as a special treat, not an everyday choice.

Eat more fruits and vegetables.

4

Fruits and vegetables are an important part of a healthy diet and most kids don't get enough of them. All forms count – fresh, frozen, canned and dried. Be sure to include at least one fruit or vegetable at every meal and snack to reach the goal of 5-9 servings a day.

For more information visit www.nutritioncouncil.org

