

Make Health Happen

Health Tips

Healthy habits
help make
healthy kids

Here are a few
long-term health benefits
for kids who practice healthy habits:



Better self-esteem



Lower risks of serious conditions
like diabetes and high blood pressure



Stronger bones

Why is physical activity important?

It helps us live longer, feel better, sleep well and so much more. It's recommended that kids get 60 minutes of physical activity each day to help them build strong bodies and bones.



Get active as a family

Help your kids choose things to do that they will enjoy and can do often, such as:

- Playing sports like football and basketball.
- Swimming.
- Riding bikes.
- Walking a pet, like your dog or neighbor's dog.
- Jumping rope.
- Throwing a Frisbee.
- Skateboarding.
- Dancing.
- Going to the playground.



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Health Tips



What are some things your family does to eat healthy? Check off what you already do with your kid(s):



Eat low-fat meats like baked or grilled chicken.

Cook together at home.



Eat fruits and vegetables.

Drink water.



Limit foods and drinks high in calories, salt and sugar like:

- Sodas. - Potato chips.
- Sports drinks. - Fast food.

If you checked off even one habit, you're already teaching your kids good habits for eating well.

What else can you do to support a healthy lifestyle?

- Get plenty of sleep — start a bedtime routine at the same time each night.
- Take kids to a health care provider for regular well-child visits, even if they aren't sick.

What other fun activities and healthy habits can you and your kids do together? Write them down here:

1. *Example: Limiting TV, computer and video game time.*

2. _____

3. _____



Make it fun.

Do something new every day!

Go to choosemyplate.gov to learn more.

Sources:

choosemyplate.gov

health.gov/moveyourway

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