

JUMPSTART HEALTHY HABITS AT HOME



- **Get the Entire Family On Board** – No matter what health goal you set with your family, keep in mind positive changes benefit all family members. It takes the support of all family members to be successful.
- **Take One Positive Step at a Time** – The most effective way to incorporate a lifestyle change with your family is to focus your efforts on one positive step at a time, instead of trying to tackle everything at once.
- **Be a Role Model for Health at Home** – Make healthy habits a priority in your family. Nobody's perfect, but try to make healthy choices when you can.
- **Ask for Help** – Many resources are available to help you make positive steps in the right direction. Start by talking to your pediatrician.
- **Ready, Set, Go!** – Ready to set your first goal? Talk about goals with your family. Choose a goal that works for all family members—then, go for it! Post a reminder of the goal on your refrigerator.

USE THESE SUGGESTIONS FOR LIVING A HEALTHIER LIFESTYLE



Fill half your plate with veggies and fruits

- Try to include a variety of colors.
- Make breakfast a priority.
- Eat meals as a family.



Limit screen time to one hour

- After 30 minutes of screen time, get 30 minutes of activity.
- Turn TV and video games off and be active.



Drink more water and limit sugar drinks

- Carry a water bottle with you.
- Drink water or 1% milk at meal and snack time.
- Choose water at sports activities and playtime.



Be active for 60 minutes

- Aim for 60 minutes of activity throughout the day.
- Take a family walk around the neighborhood.
- Take the stairs, play sports, dance, play tag...the choice is yours, just have fun!

HEALTHY CHOICES FOR HEALTHY KIDS



FILL 1/2

YOUR PLATE WITH
VEGGIES AND FRUITS



BE

ACTIVE FOR 60 MINS



DRINK

MORE WATER

2/3 LIMIT SUGAR DRINKS



LIMIT

SCREEN TIME

TO ONE HOUR

