

## Pick 1, 2, or 3 things you can change for better health.

- Eat Smart:** offer healthy foods all day long.



- Plan what foods and when your child will eat. Let your child decide how much to eat.
- Replace chips with fruit and add more vegetables to your meals.
- Do not bring junk food into the house. Out of site out of mind.
- Your idea/ \_\_\_\_\_

- Get Moving:** aim for 60 minutes of exercise each day.



- Set a good example and plan 60 minutes of family physical activity every day.
- Sign up for team sports. Local schools and community centers offer free/low cost activity programs.
- Include exercise into your daily routine. Example, walk to school with friends.
- Your idea/ \_\_\_\_\_

- Pull the Plug:** limit screen time to 1 to 2 hours a day



- Take the lead, make a list with the family on 5 activities that replace TV time.
- Turn the TV off, especially while eating. You are the parent and you decide how much screen time the family has each day.
- Keep it out of the bedroom. Remove TV and computers from the children's bedroom.
- Your idea/ \_\_\_\_\_

- Drink well:** choose water and non fat milk .



- Teach children good habits and offer 2-3 glasses of milk daily.
- Remember kids get thirsty sooner than adults –make sure cold water is always available.
- Avoid offering daily juice and sugary drinks; they have more calories than a full meal.
- Your idea/ \_\_\_\_\_

