





Prescription for a Healthier, Active Life



Eat. Reduce. Play. Limit.

Ideas for Living a Healthy, Active Life

- Eat  fruits and vegetables a day.
Eat.
- Limit screen time to  hours or less per day.
Reduce.
- Get  hour or more of physical activity every day.
Play.
- Drink fewer or  sugar-sweetened drinks.
Limit.

By adding just one of these goals you and your family will be:

- Less likely to become overweight
- Have less risk of developing diabetes and heart disease
- Have a healthier diet
- Have healthier bones and teeth

Eat at least  servings of
fruits and vegetables
everyday.

Why  ?

Fruits and vegetables are low in calories and fat
but are loaded with vitamins and fiber!

Tips on increasing fruits and vegetables:




Be a good role model. Children are more likely to eat them if they see their parents eating them too.



Offer fruits and vegetables at each meal and snack.



Remember that sometimes young children need to try vegetables (or any food) 10 times before they actually accept and enjoy it.

Limit screen time to  hours or less each day.

Why limit screen time?

More than 2 hours can lead to obesity by:


- Reducing active play time
- Increasing snacking and eating meals in front of the TV


(TV, computer, and hand-held devices all count as screen time!)

How to Reduce Screen Time

- Be the role model.
- Don't put a TV or computer in bedrooms.
- Make a list of activities to do instead of being in front of a screen.
- Turn off the TV during mealtime.



Get  hour or more of physical activity every day.

Why  or more hours everyday?

- Activity helps to keep weight in a healthy range.
- Activity helps build and maintain healthy bones and muscles.
- Activity helps babies and young children grow and develop properly. It helps them learn what their bodies can do.

How to get your family active



- Parents should be the role model.
- Go for a walk as a family every night after dinner.
- Encourage your children to walk the dog daily.
- Play “Simon Says.” “Simon says jump 10 times!”

Drink fewer or



sugar-sweetened drinks.

Why



sugar-sweetened drinks?

- Children who drink sugar-sweetened drinks are at risk for weight gain due to the additional calories.
- They tend to drink less milk.
- They may have more dental problems.

Try these tips!!



Always Keep cold water handy.



Make a shake with low-fat milk, fruits and ice cubes.



Limit juice to 4 – 6 ounces a day.



Babies should not have juice until they turn 1.

To lead a healthy active life, families can strive to reach these goals:



5 fruits and vegetables a day.



2 hours or less of screen time (TV, computer, video games) per day.



1 hour of physical activity a day.



0 limit sugar-sweetened drinks.



More ideas for a healthier, active life:

- Be the role model! Make healthy eating and daily physical activity the norm for your family.
- Create a home where healthy choices are available and encouraged.
- Make it fun! Find ways to engage your children such as playing a game of tag, cooking together, grow a family garden.
- Encourage eating breakfast every day and eating meals together as a family.
- Limit fast food, take out food, and eating out at restaurants.
- Learn about appropriate portion sizes.

Help your children form healthy habits now. Healthy active children are more likely to be healthy active adults!



What did you learn today
that you will try at home?

