

**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/\_\_\_\_\_

