

10 Healthy Habits

Healthy Eating Active Living



- 1. Limit eating out to less than once a week.**
 - This includes fast food and take out
- 2. Eat breakfast every day**
 - Can be fast and simple
- 3. Eat family meals at regular times**
 - Turn off the TV/screens
 - Sit down and dine together
- 4. Aim for at least 5 fruit and vegetables every day**
 - Goal is for 2-3 fruit and 2-3 veggies/day
- 5. Choose healthy snacks instead of packaged snacks**
 - Eat from a variety of fruit
 - Avoid processed foods like cookies, chips, candies
- 6. Drink water instead of sugary drinks and juice**
 - Do not keep soda, juice, or other sweet drinks in the house
 - Try flavoring water with a slice of lemon, lime, orange, or cucumber
 - Try non-sweetened sparkling water
 - Do not add powder or flavoring to milk (chocolate, vanilla, strawberry)
- 7. Get at least 60 minutes of physical activity every day**
 - This can include playing at the park, doing a sport, or joining a class
 - Try to add walking briskly and taking the stairs when possible every day
 - Fit in family activity as much as possible
- 8. Limit Screen time (TV, computer, video games, phones)**
 - 0-2 years old, discourage screen media exposure.
 - 2-9 years old, limit to no more than 1 hour a day
 - 10-18 years old, limit to no more than two hours a day
 - Screens should be kept out of children's bedrooms
 - Enforce with Parental Control apps, locks, and passwords
 - Do not eat distracted by screens
- 9. Get enough sleep:**
 - 2-4 year olds need 11-13 hours/day (overnight plus naps)
 - 5-11 year olds need 10-11 hours/day
 - 12-17 year olds need 8-10 hours/day
 - Avoid screen time (TV, videos, phone) 1-2 hours before bed to avoid having difficulty falling asleep
- 10. Be Mindful:**
 - Slow down. Tune in to the present moment.
 - How are you feeling?
 - Take a few deep breaths. Take a moment for yourself.
 - Notice if you are feeling hungry or bored before you eat. If you are bored, avoid snacking – do an alternative activity.