10 STEPS TO A HEALTHIER YOU!

1. Eat fruits and vegetables every day*

2. Drink WATER instead of soda or other sweet drinks*

3. Choose to eat FRUIT instead of drinking juice

4. Choose a HEALTHY, NATURAL SNACK (e.g. fruit) instead of processed/packaged snacks

5. For children older than 2 YEARS of age drink low-fat (1%) or non-fat (skim) milk*

6. Eat family meals at REGULAR times*

7. Eat breakfast everyday and don’t skip meals

8. Be active/play outside at least 1 HOUR every day*

9. Have LESS THAN 1-2 HOURS of non-homework related screen time per day* (TV/computer/video games/tablet/texting)

10. Get enough SLEEP

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To register for a class or for more information, please call 1-855-344-6347.

* Adapted from The Expert Committee Recommendations for the Prevention and Treatment of Childhood Obesity, Pediatrics 2007
+ In areas with limited access to fruit, a maximum of 4 ounces of 100% juice may be acceptable.
++ Ask your healthcare provider which type of milk is best for your child.