

## 5 FRUITS AND VEGETABLES PER DAY



- Add fruit to cereal, oatmeal or yogurt at breakfast
- Put spinach, kale or another green in your smoothie (really, you won't taste it!)
- Add a salad to lunch
- Try veggies and dip or a piece of fruit for your afternoon snack
- Keep the fridge stocked with fruits and veggies
- Eat meals together and always serve a fruit and vegetable
- Try new recipes that includes a fruit and/or veggie

## 4 BOTTLES OF WATER PER DAY



- Drink water with each meal
- Carry a water bottle with you and refill it throughout the day
- Add lemon, lime or other piece of fruit to "jazz up" your water
- Invest in a nice reusable water bottle for your child
- Keep sugary drinks in the house to a minimum

## FEWER THAN 2 HOURS OF SCREEN TIME PER DAY



- Listen to music instead of the TV for background noise
- Spend more time outside
- When you are in front of a screen, do something active. Move around during commercials or take stretch breaks at your desk
- For one week, track all family member screen time
- Set a screen time budget
- Keep TVs, computers, video games and phones out of the bedroom

## MORE THAN 1 HOUR OF PHYSICAL ACTIVITY PER DAY



- Make a habit of taking a walk after dinner every evening
- Take responsibility for walking the dog daily
- Register for a fun walk or run and train for the event
- Get outside and move
- Find an exercise partner
- Try new activities/participate in exercise classes
- Walk or bike instead of driving whenever possible
- Explore the great trails and parks throughout Brown County

## 8 HOURS OF SLEEP



- Get plenty of sleep
- Avoid sodas and coffees (caffeine) after 4 p.m.
- Avoid naps
- Set a regular bedtime and stick to it on the weekends
- Have a regular bedtime routine; turn down lights and TV, read books, etc.