

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
- Have fruit or veggies for a healthy afternoon snack

Parent to-do's:

- Keep the fridge stocked with fruits and veggies
- Eat meals together and always serve a fruit and vegetable
- Enlist your child to prepare one meal a week including a fruit and 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

Parent to-do's:

- Invest in a nice reusable water bottle for your child
- Set an example; drink a lot of water, too
- 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

Parent to-do's:

- For one week, track all family member screen time
- Set a screen time budget
- Keep TVs, computers, video games and phones in common family areas so you can monitor use

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
- Go outside and play

Parent to-do's:

- Take your child to the gym with you
- Encourage your child to try new activities/participate in exercise classes
- Have your child walk/bike to school instead of driving them or giving them the car
- Give your child toys that encourage physical activity like balls, kites, and jump ropes

8 HOURS OF SLEEP



- Get plenty of sleep
- Avoid sodas and coffees (caffeine) after 4 p.m.
- Avoid naps

Parent to-do's:

- Set a regular bedtime and stick to it on the weekends
- Have a regular bedtime routine; turn down lights and TV, read books, etc.
- Deal with homework early in the evening so it's not used as an excuse to stay up late