



"I CAN DO IT"

How To Turn Small Efforts Into Big Rewards

BEING HEALTHY AS A FAMILY:

We talked about the small habits we can pick up to lead to a healthier life! Try talking to your family about small changes you can make for healthier outcomes!

SMALL HABITS YOU CAN START AS A FAMILY

- Use smaller plates.
- Substitute fruits and veggies over cookies and other unhealthy snacks!
- Replace kool-aid and soda with milk and water!
- Spend time outside doing physical activity instead of watching tv!

HEALTHY HABIT OF THE WEEK:

I will feel good and proud
of my successes!



Healthy LifeStars

Small Efforts We Talked About:

We talked about how we can make small changes to our usual habits to keep us healthy! Small efforts can lead to healthier outcomes by just changing a few things about our diets, and our activities!

We discussed a few habits we can pick up that will help us stay healthy and strong!

- Drink more water before meals and throughout the day.
- Choose apple slices or clementines over french fries.
- Limit your screen time to no more than 2 hours per day.
- Don't skip meals! You will lose energy faster throughout the day if you don't have the nutrients from your food.
- Eat the healthy foods on your plate first to fill you up.

QUESTIONS TO ASK YOUR CHILD:

Q: How does eating the healthier foods first impact your health?

A: When we eat the healthy foods first, we can make sure we get the nutrients from the healthy foods before we get too full!

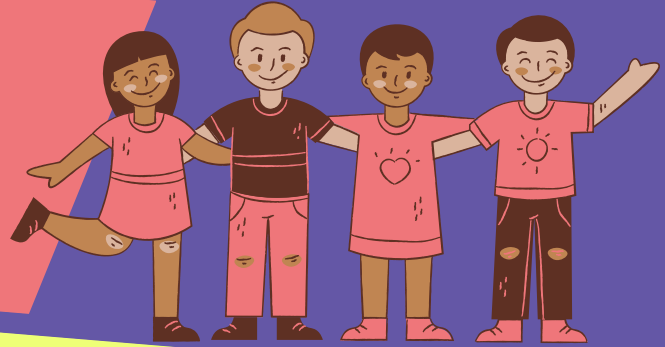
Q: What happens to your overall health when you skip meals throughout the day?

A: We will lose energy faster because we won't get the nutrients from the foods we eat that make us feel full and energized!

Healthy Habits for Healthy Kids!

Stay Fit!

- Do at least 60 minutes of physical activity every day!
- Limit screen time to 2 hours per day!



Stay Energized!

- Make sure to eat all your meals throughout the day!
- Try replacing coffee with healthier alternatives like tea!



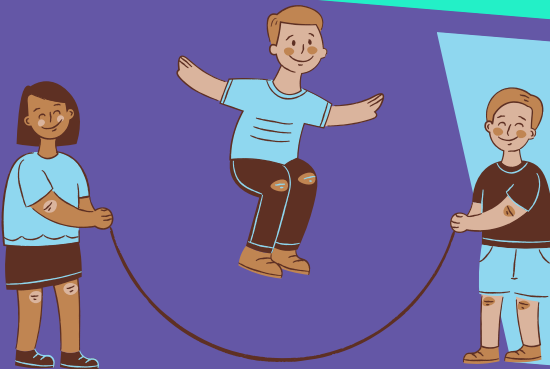
Stay Healthy!

- Replace sugary drinks with milk and water.
- Wait 20 minutes before getting a second serving.



Stay Happy!

- Make healthier choices every day for a healthier, happier you!



Maze Game

Kids, with your parents, follow the healthy habits to find your way through the maze!

