



good health

>> starts at home

PARENTS ARE A CHILD'S BEST ROLE MODELS.

So, the best place for kids to learn healthy habits is at home. Each day, you can do little things that can affect your child's health in a big way.

1 *Get 1 hour or more of physical activity each day.*

Step to it: Take three trips up and down the stairs with your child, or do 20 step-ups on one step.

Can Do: Go to the kitchen and find two of the heaviest cans your child can hold. Have him stand with his feet flat on the floor, with the cans in his hands and arms at his side. Show him how to lift the cans up to his chest, bending his arms at the elbows. Have him hold for two seconds, and then slowly lower his arms. Repeat 10 times.

Two Steps: Teach your kids to dance while they talk on the phone, watch TV, brush their teeth or clean their rooms!

Double Time: When watching TV at home, do jumping jacks, pushups, or crunches during commercial breaks.

How They Roll: Encourage your kids to put their muscles to work on their bikes, skates or scooters. Don't forget the helmets and pads.

2 *Get 9 hours of sleep each night.*

Step it Up: To help kids get used to earlier bedtimes and more rest, add 15 minutes of sleep time each night until they're sleeping at least 9 hours.

Wind Down: Stick to quiet, calm activities before bedtime, and your kids will fall asleep much more easily. Avoid TV, computers and telephones during the hour before bed. Don't leave homework for the last minute. And don't eat, drink, or exercise within a few hours of bedtime.

Fill in the Naps: If you plan them right, naps can help boost your child's energy during the

day. Naps that are too long or too close to bedtime can interrupt their regular sleep.

Dream Makeover: Make your children's bedrooms the perfect places to relax and sleep. Keep them cool, quiet and dark. You might even want to get eyeshades or blackout curtains. Let in bright light in the morning to help them wake up.

Go Write to Sleep: If your children lie awake worrying about the day ahead, have them write in a diary or make a to-do list. Jotting down notes before sleep helps to clear and settle the mind.

3 *Only 1–2 hours of "Screen Time" per day.*

Play It Down: Using Screen Time to reward or punish a child makes it seem more important than it is. Use praise, encouragement and recognition for physical activity.

After-School Action Plan: Sometimes, kids just need help coming up with things to do. Have your kids make a "Top 10 List" of after-school activities.

No TV Dinners: Turn off the TV during mealtime—and take turns talking about the day.

Cut the Cord: Take the TVs and computers out of your kids' bedrooms. Children who have TVs in their rooms spend almost 1-½ hours more each day watching them than their peers.

Work It Out: Use the TV to watch a workout video. Put on your sweatbands and have some family fitness time.

4 *Eat fruits and vegetables at every meal.*

Challenge Yourself: See how many different kinds of fruits and vegetables each member of your family can try. The person who samples the most in a week or a month wins a meal featuring his or her favorites.

Clean the Greens: Let kids wash fruits and vegetables before cooking or eating.

Mix Them Up: Add fruits and vegetables to foods that are cooked or baked. Toss vegetables into pasta sauce, lasagna, casseroles, soups, and omelets. Mix fresh or frozen berries into pancakes, waffles or muffins.

Smooth Move: Smoothies are a great way to get more fruit. A basic smoothie is just frozen fruit, low-fat or fat-free milk (and/or some yogurt), and 100% fruit juice.

Smart Swaps: Skip the fries and onion rings at restaurants, and order your kids a side salad or baked potato (with minimal toppings) instead. A large order of fries can have at least 500 calories!

5 *Drink only water, low-fat (1%) or fat-free milk and 100% juice.*

Low-fat (1%) and fat-free milk helps replace fluid in your child's system. It also provides vitamins and helps build strong bones. Have your child aim for 3 cups of low-fat (1%) or fat-free milk each day.

100% fruit juices are naturally sweet and delicious—without added sugar, preservatives or unhealthy ingredients.

Sodas have water, but they don't add vitamins or nutrients. Also there are about 250 calories in a 20 oz. soda served at a restaurant. With only a few free refills, your child might be drinking 1,000 calories!

Tinkle Test: How can you tell if your kids are getting enough fluids? Ask them to check the color of their urine! If it's clear or light yellow, they're getting enough. The darker it is, the more liquids they need to replace.

Fill 'Er Up: Drinking a glass of water before a meal can help your kids feel full and resist the urge to eat more than they need.

Eat Your Water: Fruits and vegetables are actually good at replacing fluids. Fruits like grapes, watermelon, oranges or cantaloupe are full of water. So are veggies like lettuce, cucumbers and celery.