7 Healthy Lifestyle Tips

Keep you and your family's health on track with these easy tips!

1. **Limit sugary drinks**
   - Drink More:
     - Water
     - 1% or Fat Free (Skim) Milk
   - Drink Less:
     - Soda or Pop
     - Sports drinks (like Gatorade™)
     - Juice drinks & Kool-Aid™
   Soda, sports drinks, and even juice have a lot of extra sugar. This is extra sugar that your body does not need!

2. **Eat more meals at home as a family.**
   When families eat together:
   - Meals are more nutritious
   - You eat more fruits and vegetables
   - The portion sizes are smaller
   - It costs less money
   - More time to spend with each other & talk.

3. **Be more active**
   The best types of activities are the ones you will actually do. Remember to get at least 60 minutes of physical activity each day. Here are some of the benefits from regular activity:
   - Better sleep at night
   - Strong bones/muscles
   - More energy
   - Decrease in weight
   - Healthier heart & lungs
   - Better mood

4. **Eat a healthy breakfast EVERYDAY!**
   Children who eat a breakfast that contain foods from at least 3 food groups:
   - Have more energy
   - Think better
   - Get more nutrients
   - Burn more calories

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5. **Eat more fruits & vegetables**

Fruits and vegetables are high in vitamins, minerals, and fiber. They are also very low in fat, making them important to every diet no matter the age. **Try and eat at least 5 servings a day.**

A serving of fruit is:
- ½ Cup canned or cut up fruit
- 1 Piece of whole fruit (about the size of a tennis ball)
- ¼ Cup dried fruit

A serving of vegetables is:
- 1 Cup of raw vegetables
- ½ Cup cooked vegetables

Make sure to eat lots of different colors of fruit and vegetables each day to be strong and healthy!

6. **Decrease screen time to less than 2 hours a day.**

What counts as screen time?
- Watching TV
- Playing video games
- Spending time on the computer

Time spent in front of a screen is time not spent being physically active. So turn off the TV or computer and get out and play!

7. **Get plenty of sleep**

Sleep is your body’s time to rest and recover. Your mind needs that rest time to help you solve problems. Children who do not get at least 9 hours of sleep each night usually have the following problems:
- Irritability
- Problems focusing in school
- Higher chance of accidents & injury

These healthy tips brought to you by Children’s Mercy Hospitals and Clinics
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