

# Promote Healthy Habits at Home

## Let's Move!

- Children and youth ages 6 and up should do 60 minutes or more of physical activity each day.
- Teach kids ages 3-5 to hop, skip, kick, and throw. Games like “Simon Says” and “Follow the Leader” can help their coordination.
- Encourage your child to try new activities and sports.
- Look to schools and city parks and recreation departments for activities, teams and recreational facilities.

## Help me Grow!

- Encourage your family to drink lots of water and limit sodas and juice.
- Tell your children to eat slowly so they will not overeat.
- Only allow high calorie foods like ice cream, milk shakes, and cake as a treat!
- Use foods like fruits, cereal, and yogurt as rewards for good behavior.
- Discourage your kids from eating and snacking while watching TV.

Source: Centers for Disease Control and Prevention website. [www.cdc.gov](http://www.cdc.gov)

