



You Have the Power to Improve Your Family's Health

Make Mealtime Family Time

- Shop, cook and eat healthy foods with your family.
- Fill at least half your plate with fruits and veggies at each meal and encourage your kids to do the same.

Avoid Sugary Drinks

- Sugary drinks are unhealthy. Don't serve them at home or drink them on the go.
- Offer water, plain 1% or skim milk, or whole fruit instead of 100% fruit juice or a juice drink.

Get Moving

- Children and teens need at least 60 minutes of physical activity each day.
- Involve the whole family in chores to get them moving, such as vacuuming, sweeping and making beds.
- Dance, play games at the park or ride bikes together as a family.

Get Enough Sleep

- A good night's sleep helps keep everyone healthy. Children need 10 to 11 hours of sleep a night. Teens need eight to 10 hours of sleep a night.
- Keep a regular and consistent sleep schedule for your family.
- Keep electronics out of bedrooms and always avoid caffeinated beverages.

Step Away From the Screen

- Don't let media devices get in the way of sleep and physical activity. Set aside media-free family time (mealtimes) and locations (bedrooms).