

~ There are many ways you and your family can get healthy together. ~
CHOOSE YOUR FAMILY'S HEALTHY ADVENTURE!

Fill half of your family's plates with fruits and vegetables.



Limit kids' screen time to no more than 2 hours a day.



1 in 3
 children in America
 is overweight or obese.

When your family is active, be sure it's for at least 10 minutes at a stretch.



Replace sugar-sweetened drinks with water or fat-free milk.



Ask your kids what physical activities would tempt them away from the TV or other forms of media.



Make a list before grocery shopping.



Try a new fruit or vegetable with dinner each week.



Eat together as a family as often as possible.



Help your kids be physically active for at least 60 minutes each day.



SMALL STEPS CAN MAKE A BIG DIFFERENCE!
 Go to www.NIH.gov/WeCan for more tips!

