

# The Strong4Life Healthy Habits

**STRONG<sup>4</sup>LIFE**<sup>™</sup>



**Eat smarter,  
drink water**

**Screens away,  
go play**

**Get rest to  
be your best**

**Emotions are  
real, express  
how you feel**

# Help your family use the Strong4Life healthy habits

A habit is something you do over and over again, sometimes without even thinking about it. Healthy habits help you build a strong body and mind—now and in the future.

**Get the whole family involved with small changes** – The best way to make big changes with your family is to make one small change at a time (instead of changing everything all at once). Everyone's more likely to be successful if you're working on the habits together.

**Be a role model** – Kids are always watching and listening to adults. Now is the time to show them how important healthy habits are by using them yourself. Try to make healthy choices whenever you can, and make sure your kids see you being healthy.

**Ask for help** – We are all in this together. Let us help. Start by visiting [Strong4Life.com](https://www.strong4life.com) to find age-appropriate, expert advice and easy ideas you can use right away.



## EAT SMARTER, DRINK WATER

- Fuel your body and brain with three meals and two to three snacks a day, adding a colorful variety of veggies and fruit to half your plate.
- Choose water instead of sugary drinks like soda, juice and sports drinks.
- Make mealtimes family time. Put phones away and turn off the TV.



## SCREENS AWAY, GO PLAY

- Limit screen time and focus on activities that energize your body and brain.
- Try to be active for at least 60 minutes during the day (it doesn't have to be all at once), and get outside as much as possible.
- Make screen-free time fun! Read, take a walk, visit a park, play with friends or dance.



## GET REST TO BE YOUR BEST

- Give your body and brain a chance to reset and recharge with rest. This can help boost energy, mood and even memory.
- Start a habit of going to bed and waking up at the same time every day, power down all screens an hour before bed (phone, TV, etc.), and keep screens out of the bedroom.
- Create a calming bedtime routine, such as brushing teeth, reading, journaling, connecting with a family member or listening to relaxing music.



## EMOTIONS ARE REAL, EXPRESS HOW YOU FEEL

- Identify and acknowledge your feelings and allow yourself to feel them.
- Explore different ways to express your feelings, such as journaling, drawing, or talking to someone you trust.
- Manage your feelings using healthy coping skills, such as going for a walk, playing a game, taking deep breaths or listening to music.

For more tips, visit [Strong4Life.com](https://www.strong4life.com)