



Children's
Healthcare of Atlanta

Healthy Choices for Healthy Kids



Make *half* your plate
veggies & fruits

Be active



Drink more water
& limit sugary drinks

Limit
screen time



Bring Healthy Habits Home!

A habit is something you do over and over again, sometimes without even thinking about it. Healthy habits keep you and your family feeling good—now and in the future!

Here are some ways to help your family use the Strong4LifeSM Healthy Habits:

Get Your Whole Family to Join In – Set goals, like eating right or moving more, with your whole family. Then, work on them together to help everybody get healthier, faster!

Be Their Healthy Hero – Kids love to copy adults! Show them just how important healthy habits are by using them yourself. Nobody's perfect, but try to make healthy choices whenever you can.

Make One Small Change at a Time – The best way to make big changes with your family is to make one smaller change at a time. It's a lot easier and more likely to work than trying to change everything at once.

Ask for Help – Start by visiting Strong4Life.com. We give you easy ideas you can use right away.

Ready, Set, Go! – Ready to set your first goal? Explain the idea of goals to your family. Pick a goal that works for everyone in the family (like drinking water or 1% [low-fat] or fat-free milk instead of sugary drinks)—then, go for it! Tip: Write down the goal and tape it to the fridge as a reminder.

Use these ideas to make your family's habits healthier:



Make half your plate veggies and fruits

- Try to include several different colors.
- Make sure to eat breakfast every day.
- Eat meals together as a family.



Be active

- Try to be active for at least 60 minutes during the day (it doesn't have to be all at once!).
- Remind kids to go outside and play as often as they can.
- Take a family walk around the neighborhood or play at a park.
- Play sports, dance, play tag ... the choice is yours, just have fun!



Drink more water and limit sugary drinks

- Carry a water bottle with you.
- Drink water or 1% (low-fat) or fat-free milk at meal and snack times.
- Choose water (instead of sports drinks or soda) at sports activities and playtime.



Limit screen time

- After 30 minutes of screen time (phones, computers, TV), get 30 minutes of activity.
- Turn TV and video games off and play!