

10 Health Tips for Your Family



Stay healthy

- 1. Involve the whole family**
Introduce your children at an early age to healthy foods and habits by involving them in grocery shopping and cooking.
- 2. Remember breakfast**
Eat yogurt, fresh fruit, eggs or whole-grain cereal for breakfast to help fuel your body all day!
- 3. Eat by color**
Fill half your plate with colorful fruits and vegetables like broccoli or apples.
- 4. Choose healthy drinks**
Drink water and low-fat white milk instead of soda or juice.
- 5. Enjoy meals together, without distraction**
Eating at home as a family encourages healthy choices and saves money! Screen-free meals help support family unity and social connection.



Stay active

- 6. Get moving**
Aim to get at least one hour of physical activity each day!
- 7. Unplug your devices**
Limit screen time and encourage screen-free alternatives such as arts and crafts, books, games, and time outside.
- 8. Exercise together**
Find indoor and outdoor activities that your whole family enjoys doing!
- 9. Get your steps in**
Incorporate exercise into your day by taking the stairs, going for a walk, or getting off the bus or train one stop early.
- 10. Recharge**
Sleep is important to help maintain a healthy weight and it also boosts learning and memory.