

8 to LiVe By TRACK IT!

WEEK: _____

ACTIVITY	SUN	MON	TUE	WED	THUR	FRI	SAT
Minutes of TV, video games, Internet <i>GO EASY!</i>	○ # MINUTES						
Minutes of activity: outside play, chores, family activities, walking to school, sports, and more... <i>REV IT UP!</i>	○ # MINUTES						

FOOD	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast <i>EVERY DAY!</i>	★	★	★	★	★	★	★
Fruits <i>EAT MORE!</i>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies <i>EAT MORE!</i>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks <i>AIM FOR NONE!</i>	★ ^{1 2} ○ ₃ none more						
Low-fat milk <i>DRINK UP!</i>	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water <i>DRINK UP!</i>	○○○○ ○○○○						

SLEEP & SUPPORT	SUN	MON	TUE	WED	THUR	FRI	SAT
Hours of sleep I got:	○	○	○	○	○	○	○
I ate dinner with my family on these days:	★	★	★	★	★	★	★

Things my family and friends did that were helpful: _____ Things my family and friends did that were hurtful: _____

CELEBRATE things I did well this week: _____ **NEW GOALS** I will work on: _____

8 to LiVe By

HABIT BUILDER FOR KIDS, TEENS, AND FAMILIES

To reach and keep a healthy weight, build better habits together. The 8 habits prescribed below are the best place to start. Scientific studies show that these have the biggest impact on your weight, your health, and your outlook.

ACTIVITY



1 LIMIT SCREEN TIME — AND SITTING TIME

- Research links screen time (Internet, TV, video games, notebook, etc.) to a wide range of negative health effects in children and teens — including obesity. That’s in part because screen time is usually spent sitting down instead of running around.
- Make a rule of **no more than 1 to 2 hours a day** in front of a TV or other screen. (Children age 2 and under shouldn’t be watching at all.)

2 MOVE MORE

- Everyone needs regular physical activity — regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, and less stress.
- Kids need **at least 60 minutes of physical activity** every day, and adults need at least 30 minutes — break it up into as little as 10 minutes at a time. You can get most of it from play time, walking or biking to school or work, or family activities.
- Aim for **strength-building exercises twice a week**.

FOOD



3 ALWAYS EAT BREAKFAST — AND MAKE IT HEALTHY

- Eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores — and help you reach and keep a healthy weight.
- Aim for breakfasts that **include these 3 things: whole grains, low-fat dairy or protein, and a fruit or vegetable**. Try combos such as: (cereal + milk + banana) or (omelette with veggies + toast) or (orange + yogurt + bagel).

4 EAT MORE FRUITS AND VEGETABLES

- Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. They’re important for a healthy body weight, too.
- Every day, aim to get **1½ to 2 cups of fruit**, and **2½ to 3 cups of vegetables**. Go for bright reds and oranges, and dark greens.

5 LIMIT — OR ELIMINATE — SWEETENED DRINKS

- Studies suggest that America’s weight problem is linked to America’s “drinking problem” — that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
- Aim for **less than 12 ounces per week** of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

SLEEP & SUPPORT

6 GET ENOUGH SLEEP

- Getting enough sleep will help you think better, play better, be happier, **and** manage your weight.
- Preschoolers need about 11 hours (including naps), children need about 10 hours, teens need about 9 hours, and adults need about 7 hours — every single night.



7 EAT MEALS TOGETHER AS A FAMILY — SITTING DOWN

- Children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
- Aim to **eat dinner together** most nights of the week. Sit down at the table, turn the screens off, and talk!

8 BE POSITIVE ABOUT FOOD AND BODY IMAGE

- If you, your friends, or your family obsess about food or body image, you’re more likely to have unhealthy behaviors and an unhealthy body weight.
- Forget “forbidden foods” — all foods can fit in a balanced diet. Just try to eat **more** healthy foods and **less** junk food.
- Watch what you say. **Don’t criticize** your own body — even as a joke. **Don’t compare** your own weight, size, or shape to anyone else’s. Being healthy means being positive.

POWER-UP TO Live Well

OBJECT OF THE GAME: KEEP MOVING

- Every day get **LESS THAN 2** hours of screen time (TV, video games, Internet, etc.)
- Every day get **60 minutes OR MORE** of physical activity

COLLECT POWER-UPS AND GET SOME GOODS

Get more Power-Ups to get:

- More energy
- Stronger muscles
- Better sleep
- Less stress
- Easier weight management
- Less chance of diabetes, weak bones, heart disease, and other illnesses



START HERE

LEVEL 1. LAY THE GROUNDWORK

Trade sitting time for MOVING time

SHUT OFF THE SCREENS

Be firm about the house rules:

- NO**
- Screens (TVs, computers, video games, notebooks) in bedrooms.
 - Eating in front of screens.
 - Surfing. Schedule time in advance to watch your favorite shows.
 - Screens at bedtime or mealtime.

POWER-UP: Every day with less than 2 hours in front of screens

PLAY, PLAY, PLAY — 60 MINUTES EVERY DAY

- Chase the dog
- Jump rope
- Throw a ball
- Build a fort
- Play tag
- Play with dolls

POWER-UP: Every day with an hour or more of run-around-and-play time

TRANSPORT YOURSELF

- Get in the habit of walking or riding your bike to:
 - school
 - lessons
 - church
 - store
 - work
 - friend's house
- Ditch the stroller. Let toddlers walk along with you when possible.
- Take the stairs instead of the elevator.

POWER-UP: Every trip you choose to walk or bike instead of drive

GET THE WHOLE FAMILY PLAYING THE GAME

- Go for a walk together after dinner.
- Make a switch: Have a hula hoop contest instead of watching TV. Go for a hike instead of to a movie.
- Turn chores into games. Try: Do-the-Dishes Dance Party, Leaf Rake-Jump-Rake Again. Make up your own chore-games.

POWER-UP: Every family activity that gets you moving together

LEVEL 3. REFINE YOUR MOVES

Build strength and flexibility

JOIN A TEAM, A CLUB, OR A PICK-UP GAME

You don't need to be a sports star. Join for the fun of it.

- **Quest:** Check out options at your local parks and recreation center or at school.
- **Try:** basketball, tennis, soccer, flag football, lacrosse, softball, Ultimate Frisbee, swimming, dancing, volleyball, wrestling, track....

POWER-UP: Sign up!
POWER-UP AGAIN: Every week you make all the practices

NAME YOUR GAME

Quest: Pick a sport or game you want to stick with for a while. If you have joint pain with walking or sports activities — or if you're starting from scratch — start with low-impact activities like:

- Swimming or water play
- Bicycling or stationary cycling
- Elliptical trainers

POWER-UP: Choose a sport or activity you can get into

BUILD SOME MUSCLE

Do strength-building exercises. A coach can help you learn good technique.

- Use your own body weight — do push-ups, pull-ups, sit-ups, and knee bends.
- Use light weights (or even soup cans) and do lots of repetitions. Teens and kids shouldn't use heavy weights unless a coach or other trained professional can help them lift safely.

POWER-UP: Every week you do strength training 2 to 3 times

BEND AND STRETCH

Work stretching into everyday activities — or at least take time to stretch 2 to 3 times a week. Be gentle, patient, and persistent.

- Stretch before you get out of bed. Stretch after aerobic exercise or sports.
- Try martial arts, yoga, or gymnastics.
- Dance or stretch to music (for toddlers, try "head, shoulders, knees and toes").

POWER-UP: Every day you stretch out



LEVEL 2. SPEED BOOST!

Go faster, work harder

WORK UP A SWEAT

Get your heart beating faster, and work up a sweat. Try these:

- **Outdoors:** bike, walk, run, hike, climb, skate, sled, jump rope.
- **Indoors:** stationary bike, treadmill, elliptical trainer, active video games like dancing or boxing.

POWER-UP: Every day you make 20–30 minutes of your activity vigorous and aerobic