LiVe Well

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.

FOOD

1 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 3 of the 5 main food groups**. Try combos such as: (cereal + milk + juice) or (eggs + toast + milk) or (fruit + yogurt + bagel).

2 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. Studies show that they're important for a healthy body weight, too.
- Every day, aim to get **1 to 2 cups of fruit**, and **1½ to 3 cups of vegetables**.

3 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 thank 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

ACTIVITY

4 LIMIT SCREEN TIME (TV, VIDEO GAMES, INTERNET)

- Research links TV to a wide range of negative health effects in children and teens — including obesity.
- Make a rule of **no more than 1 to 2 hours a day** in front of a TV or computer screen. (Children age 2 and under shouldn't be watching at all.)

5 INCREASE YOUR PHYSICAL ACTIVITY

- Everyone needs regular physical activity — regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, less stress, and easier weight management.
- Aim for **at least 60 minutes of physical activity** every day. You can get most of this from daily playtime, walking or biking to school, or family activities. The rest can come from sports or other exercise.

SUPPORT

6 EAT MEALS TOGETHER AS A FAMILY — SITTING DOWN

- Many studies have shown that 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 TV off, and enjoy!

7 BE POSITIVE ABOUT FOOD

- Experts agree that how you think and talk about food and bodies can have a big impact on your health now — and in the future.
- Forget "forbidden foods" — all foods can fit in a balanced diet. Don't give food as a reward or withhold it as a punishment. **Be food-friendly**, not food-phobic.

8 DON'T CRITICIZE ABOUT WEIGHT

- If you, your friends, or your family obsess about food or weight, you're more likely to have unhealthy behaviors — and an unhealthy body weight.
- 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.

LiVe Well

8 to LiVe By

TRACK IT!

WEEK: _____

FOOD		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!	☆	☆	☆	☆	☆	☆	☆
Fruits	EAT MORE!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies	EAT MORE	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks	AIM FOR NONE!	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more	☆ 1 2 3 ○ none more
Low-fat milk	DRINK UP!	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water	DRINK UP!	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○

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

SUPPORT	SUN	MON	TUE	WED	THUR	FRI	SAT
I ate dinner with my family this week 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:

For more tracker pages, go to: **IntermountainLiVeWell.org**

© 2007-2012 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at IntermountainLiveWell.org Patient and Provider Publications 801-442-2963 HH011A – 10/12

Intermountain LiVe Well