

Rx to LiVe Well



A PRESCRIPTION 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.

This prescription is for (name): _____ Age: _____ Date: _____

ACTIVITY

1. MOVE MORE (aim for 60 minutes every day)

- Daily activity:** _____ minutes _____ times a week
(breathing harder than normal, heart beating faster than normal)
- Walk or bike to school: _____
- Physical education class at school: _____
- Sports or group exercise: _____
- Play outside after school: _____
- Other activity: _____

2. SIT LESS — AND LIMIT SCREEN TIME

- Less than _____ hours a day (aim for less than 1 or 2 hours)

FOOD

3. EAT BREAKFAST — AND MAKE IT HEALTHY

- _____ days per week (aim for every day)
Healthy choices: _____

4. EAT MORE FRUITS AND VEGETABLES

- _____ Fruits every day (aim for 3 to 4 half-cup servings)
- _____ Veggies every day (aim for 5 to 6 half-cup servings)

5. LIMIT — OR ELIMINATE — SWEETENED DRINKS

- Less than 12 ounces per week of sweetened drinks like soda, lemonade, punch, and sports drinks. Instead, substitute:
_____ cups of milk every day (aim for 2 to 3 cups)
_____ cups of water every day
- Less than 6 ounces of juice every day

6. EAT MEALS TOGETHER AS A FAMILY

- _____ times per week (aim for every day)

SLEEP & SUPPORT

7. GET ENOUGH SLEEP

- _____ hours per night
- No TV, computer, or video games in your bedroom

8. BE POSITIVE ABOUT FOOD AND BODY IMAGE

- No forbidden foods — all foods can fit
- Don't give food as a reward or withhold it as punishment
- Don't make judgmental comments about body shapes and sizes

OTHER RECOMMENDATIONS / GOALS:

REFERRALS:

Registered Dietitian (RDN)

Name: _____

Phone: _____

Other

Name: _____

Phone: _____

For: _____

FOLLOW UP IN WEEKS / MONTHS:

With: _____

Date: _____

SIGNED:

Healthcare provider

Patient/family



Making a Healthy Change

There are lots of ways to make a healthy change. You can experiment to find out what works best for you. First, choose something you want to change — pick something you can get excited about! Then use the questions below to make a plan. Try out your plan for a few weeks and see how it goes. You'll probably need to tweak your plan a few times to get it just right. That's what happens in experiments!

Be sure to share your plan with your healthcare providers so they can help.

This change is for (name): _____ Age: _____ Date: _____

MY PLAN

MY OVERALL GOAL (for example, you could choose one of the 8 habits from *Rx to LiVe* on the other side of this page.):

STEPS TO HELP GET THERE:

What action do you want to do? _____

What small steps could help you do this? _____

What could make this easier?

What could change about the places where you live, learn, work, or play? _____

What tools or resources could help? _____

Who could help you or do this with you? _____

What might make this harder? _____

When will you do this? _____

How often? _____

How will you make time for this? _____

What will remind you to do this? _____

How will you keep track of what you do? _____

When will you review how it's going? _____



As you experiment, you'll learn a lot about what works for you. Sometimes you'll feel excited about your plan. Sometimes you'll lose focus and have to get yourself going again. As long as you don't give up, there's NO failure. You'll become your own best expert on how to make healthy changes.