

 Live Well

# 8 to Live By

HEALTHY HABITS FOR KIDS, TEENS, AND FAMILIES



IT'S NOT A DIET. IT'S NOT A BOOT CAMP. IT'S NOT  
ABOUT THE PERFECT BODY. IT'S NOT A QUICK FIX,  
A SIX-WEEK PROGRAM, A BAND-AID, A FAD.

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IT'S ABOUT HOW YOU  
**LiVe Well.**

LIFE-LONG HABITS  
FOR HEALTH

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# WHAT'S INSIDE...

There are lots of things you can do to have more energy, feel stronger, and stay at a healthy weight. The 8 habits described in this booklet are a great place to start. Get out a pencil so you can  the things you want to do first.

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# 1

## MOVE MORE

### IDEAS TO MAKE IT HAPPEN

-  The things you already do most of the time
-  The one you want to take on next

- GO FOR 60, EVERY DAY.** You need at least 60 minutes of activity every day. This includes playtime, exercise, and just moving around!
- GET THERE ON YOUR OWN.** Bike or walk to the library, to work, to school. Start a “walking school bus” in your neighborhood. Take the stairs — always — both up and down. And when you do drive somewhere, pair it with a walk. Choose parking spots at the far end of the lot. Return shopping carts at the stand farthest away from your car.
- PLAY, PLAY, PLAY.** Allow for lots of time for active play. Leave balls, jump ropes, and hula hoops where you'll see them and remember to get moving. Take the dog for a walk. Head for the backyard, park, or recreation center. Have fun!
- MAKE IT A FAMILY AFFAIR.** Adopt active habits that everyone can do. Walk each night after dinner — or play tag or Ping-Pong. Vacuum and sweep together. Do yoga or aerobics together every morning. Get a family pass, and hit the swimming pool or recreation center a few times a week.
- REV IT UP — GET AEROBIC!** For 20 to 30 minutes every day, do something — anything! — that gets your heart pumping: biking, running, playing basketball, skipping, skating, etc. To stay motivated, sign up for a fun run, a charity bike ride, or the school track team.
- STRETCH YOUR BODY.** Stretch a little every day, and set aside time for a stretching activity 2 or 3 times a week. Yoga, Pilates, martial arts, dance, and gymnastics all help with flexibility. So do the old favorites like toe touches, lunges, and side bends. Just remember to start off slowly with each stretch and back off if you feel pain. Relax. Smile.
- BUILD STRENGTH.** Do strength exercises twice a week. Exercises like pushups, pull-ups, sit-ups, and knee bends are best and easiest for most people. If you want to lift weights, keep them light. Teens and kids shouldn't use heavy weights unless a coach or other trained professional can help them lift safely.

# MOVE MORE: PRESCRIPTIONS FOR PLAYTIME

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## EXPERTS AT THE AMERICAN ACADEMY OF PEDIATRICS (AAP) SAY THAT KIDS NEED MORE PLAYTIME.

Free play — whether it’s chasing the dog, playing with blocks, or just romping on the floor — is important. Besides boosting kids’ physical activity, unstructured play:

- Lowers stress
- Builds creativity
- Nurtures individual interests and talents
- Develops problem-solving skills
- Most important of all, unstructured playtime **adds joy** to life



## WHY?

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Everyone needs regular physical activity — regardless of their shape, size, health, or age. Here’s what’s in it for you:

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

## WELL, YEAH, BUT...

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**“IT’S BORING.”** It doesn’t have to be. Get a portable radio or music player. Bring a friend along. Switch activities, routes, locations, or times for exercise. Get creative — and keep moving.

**“I’M TOO TIRED...”** Once you get into a routine, you’ll find that exercise actually gives you more energy.

**“I’M TOO FAT TO EXERCISE.”** No one’s too fat (or clumsy, or old, or funny-looking) to be active. Our bodies were made to move! Being active may help you lose weight or get more coordinated — but most importantly, it’ll help you be healthier and feel better about the body you have.

**“I CAN’T STAY MOTIVATED.”** Nothing motivates like success. Set small, realistic goals for yourself — say 10-minute walks every day this week, 15-minute walks the next, and so on until you reach your long-term goal. Track your progress on a tracker like the one shown on pages 21–22. Celebrate each milestone as you go!

## “WE DID IT TOGETHER!”

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“Me, my brothers, my mom and dad — we were all talking about wanting to be more fit, have fewer backaches, blah blah blah. Someone finally said, ‘Let’s do something together.’”

“We started doing these goofy exercise videos three times a week after dinner. We looked ridiculous, but it was actually really fun, and a great workout.

“Since then, it’s just grown. We ride bikes, hike, go to the rec center as a family. My friends and I are more active, too — we all signed up for karate; we’re getting into swing dancing. It’s like this: I hated the treadmill, but I like doing things with people. And I love being in shape.”





# 2

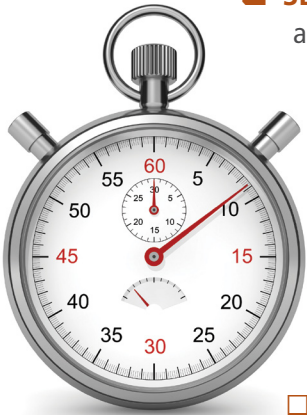
## SIT LESS & LIMIT SCREEN TIME

(TV, VIDEO GAMES, INTERNET, CELL PHONES)

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ✓ The one you want to take on next

- MOVE IT OUT.** Take the screens (TV, computer, game consoles, iPads, etc.) out of all bedrooms.
- BALANCE SCREEN TIME AND ACTIVITY TIME.** Make it a family rule that minutes of screen time must equal minutes of physical activity. Want to watch that sitcom? First, go for a 30-minute walk. Looking forward to that weekly drama? Play outside for an hour, *then* kick back on that couch.
- SET LIMITS.** Make a “family media plan.” Say, “Don’t watch TV on weekdays,” or “No more than an hour each night — after homework.” Set whatever limits work for you. The important thing is to have some limits, and stick to them.
  - USE A TIMER.** One way to help limit your screen time is to use a timer. When the timer goes off, your screen time is up — no exceptions!
  - DON’T EAT IN FRONT OF THE SCREENS.** Take the set out of the kitchen, and don’t allow food in the TV room.
  - DON’T SURF SCHEDULE.** Decide in advance what shows you want to watch during the week. Turn the TV on **ONLY** when the show is on, and turn it off when the show is over.
  - MAKE THE MOST OF TV TIME.** Use a treadmill or stationary bike while you watch shows. Do calisthenics during the commercial breaks. Watch TV standing up — while you do arm circles, knee bends, and leg lifts.
- BE AWARE.** Do you automatically turn the TV on when you come in the house? Does it stay on all the time, even if no one is watching it? Try to break these habits. Watch TV on purpose, not just because it’s there.



### WHY?

The American Academy of Pediatrics (AAP) recommends limiting screen time to the following:

- No more than 1 to 2 hours a day for children 3 and older
- No screen time at all for children 2 years of age and younger

AAP experts note that some TV shows may have good things to offer. But they also have plenty of research linking TV watching to a lot of health problems in children and teens.

## “I TURNED OFF — AND TUNED IN.”

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“The parents got this idea: no TV or video games for a month. Thirty days, screen-free.

“We were bummed. Bored. And sort of desperate — like we were going through withdrawal.

“But about two weeks in, I wasn’t thinking that much about it anymore. I found other stuff to do. More drawing cartoons. More skateboarding. I built a ramp with my dad. I got into this series of books I’d been hearing about.

“The month’s almost over, but we’re going to extend our TV ban. Without it, the days seem more interesting...more colorful. Life’s too short to spend it staring at a screen.”

## TIPS FOR TV-FREE TOTS

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### ALTERNATIVES TO TV FOR THE VERY YOUNG

Tempted to use the TV as a babysitter while you get a few things done around the house?

Here are some better ideas:

- Let them “help” you cook, clean, and do laundry. Have your little ones stir, pour, and mix food. Give them a sponge or baby wipe — and let them go to town. Or, let them help fold, match socks, or put away clothes.
- Corral them. Use baby gates to keep little ones in a safe area while you cook or shower. Or, use a playpen.
- Play a music or story CD. Kids will often entertain themselves if they’ve got a pleasant voice to listen to.
- Keep it fresh. Put some toys up for a week or two, and then swap them out every so often.



## INDOOR, AT-HOME ACTIVITY OPTIONS:

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- Dance
- Yoga
- Duck Duck Goose
- Indoor obstacle course
- Hopscotch (make spaces with masking tape)
- Interactive electronic games like Wii and Dance Dance Revolution (DDR)
- Balloon volleyball
- Jumping Jacks
- Hide-and-seek
- Hokey-pokey
- Stair climbing
- Juggling



# 3

## ALWAYS EAT BREAKFAST AND MAKE IT HEALTHY

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ☑ The one you want to take on next

☑ **BREAKFAST 1-2-3.** Aim for a breakfast that includes these 3 things: protein, whole grain, and a fruit or vegetable. Try milk + cereal + banana. Or how about an omelet with veggies + whole grain toast? Lunch meat + whole wheat bagel + orange?

☑ **THINK WHOLE GRAIN.** Choose whole grain bread for your toast in the morning. A bowl of warm oatmeal is another good whole grain option.

☑ **GO LOW.** Switch to 1% or skim milk. Buy low-fat, low-sugar yogurt (light yogurt) and cheese. If your body can't handle dairy, try fortified soymilk.



☑ **SELECT SENSIBLE CEREAL.** If you like cold cereals, stick to brands that have little or no added sugar, have at least 3 grams of fiber per serving, and have a whole grain first on the list of ingredients. Sensible cereals include Cheerios, Grape Nuts, All Bran, Wheat Chex, Kashi GoLean and Shredded Wheat.

☑ **TOP IT OFF.** Top your cereal with berries, bananas, peaches, or other fruits.

☑ **MIX IT UP.** Stir some fruit and granola into light yogurt.

☑ **PACK IT WITH YOU.** If you're in a hurry to get to school or work, take breakfast with you. Fresh fruit, light yogurt, a whole grain bagel, a hard-boiled egg, even a piece of leftover pizza — these all fit in a backpack, purse, or cargo-pant pocket.

### WHY?

Many studies over the past 20 years have shown that eating a healthy breakfast can:

- Improve memory and concentration
- Boost your creativity and problem-solving
- Lift your mood
- Raise test scores and work performance
- Build overall health
- Help you reach and keep a healthy weight





## WELL, YEAH, BUT...

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### **"I DON'T HAVE TIME."**

Plan for breakfast. Pour your cereal in a bowl the night before — and put a glass of milk in the fridge. Or take your meal with you.

### **"I'M NOT HUNGRY."**

Breakfast doesn't have to be a huge meal. Just get some healthy food in your body to start your day.

### **"SKIPPING BREAKFAST KEEPS ME FROM GAINING TOO MUCH WEIGHT."**

No it doesn't. In fact, studies show the opposite: skipping breakfast puts you at risk for being overweight. Breakfast skippers nearly always eat more food — and less-healthy food — later in the day.



## **"I'M A BREAKFAST BELIEVER!"**

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"My parents were always going, 'It's the most important meal of the day!' But I could never get up for it. Literally. I'd sleep late, then rush out the door.

"Then my mom started putting breakfast things out on the table: yogurt, bagel, fruit. I grab it and eat it on the way. And you know what? I'm not nodding off during second period anymore. I'm not hitting the snack machines before lunch. I sort of hate to admit it, but I feel better."





# 4

## EAT MORE FRUITS AND VEGETABLES

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ✓ The one you want to take on next

- GRAB A BAG.** Buy bags of mini carrots, broccoli, and sugar snap peas for easy, portable snacks.
- RATE YOUR PLATE.** Fill half of your plate with vegetables at every lunch and dinner. Eat this half first!
- FINISH UP WITH FRUIT.** If you want something sweet for dessert, make it fruit. Whole, fresh fruit is best.
- GO FOR 2.** Include two vegetables in every dinner.
- NEVER STARCH ALONE.** Add vegetables to rice or pasta dishes.
- GET SMOOTH.** Make frozen fruit smoothies with whole fruit, ice cubes, and skim milk or low fat yogurt.
- WATCH YOUR SIDES.** At restaurants, choose fruit, beans, vegetables, or a side salad instead of French fries.
- KEEP IT IN SIGHT.** Keep fruits and vegetables on hand at eye level in the refrigerator, cupboard, and counter. Store the chips and cookies out of sight. Better yet, buy them only for special occasions.

### HOW MUCH?

You've probably heard it before: experts recommend 5 to 9 servings of fruits and vegetables every day. This means that you should aim for:

#### 1½ TO 2 CUPS OF FRUIT EVERY DAY



#### 2½ TO 3 CUPS OF VEGETABLES EVERY DAY



## WHY?

Fruits and vegetables help your body grow. They help you heal from sickness and injury, and they can even help you keep from getting sick in the first place.

Plus, eating fruits and vegetables gives you more energy to play and to study. They can help you stay at a healthy weight throughout your life. What's not to love?

## LABEL LOGIC: SEE WHAT YOU'RE EATING

A food label tells you what nutrients are in the food you buy. The label below is from a popular breakfast cereal. Take a look and see what you can learn. Then compare it to a breakfast cereal that's on your kitchen shelf.

One serving is  $\frac{3}{4}$  cup. So if you eat one and a half cups of this cereal, you're eating 2 servings.

This shows that one serving has **130 calories**. That means 2 servings would be 260 calories — before you pour on the milk.

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup	Servings per container about 2
Amount per Serving	
Calories 130	Calories from Fat 20
% Daily Value *	
Total Fat 2.5g*	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	

This tells us that one serving has **2 grams of fiber**. Breads and cereals with more than 3 grams of fiber per serving are best for our bodies.

One serving of this cereal has 6 grams of sugar.

## "WE HAD A MEAL MAKEOVER!"

"We knew the kids should be eating more vegetables, but they really resisted. One day my four-year-old said, 'How come you and Mom don't have to eat vegetables?' I looked down at my plate — meat, rice, no green stuff at all. I realized that if we wanted them to eat more balanced meals, we had to set a better example.

"It's more of a family effort now, and it's going a lot better. Have you heard it's normal to offer some foods ten times before your toddler accepts them? From personal experience, I know it's true. The vegetable thing happens slowly, but it does happen. Broccoli, salad, carrots — it's an everyday thing for all of us now."



# Live Well. Move More.

## 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, P 60 MINUTES EV

- Chase the dog
- Jump rope
- Throw a ball

**POWER-UP:** Every day or more of run-around-

## 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

**BUILD**  
Do strength  
can help y  
• Use your  
pull-ups,  
• Use light  
do lots of  
shouldn't  
coach or  
help ther

**POW**  
stre

## BUILD SOME MUSCLE

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

Use your own body weight — do push-ups, sit-ups, and knee bends.

Use weights (or even soup cans) and do many repetitions. Teens and kids should not use heavy weights unless a doctor 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



## 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

## 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

**LEVEL 2.  
SPEED  
BOOST!**

*Go faster, work harder*

## PLAY — EVERY DAY

Build a fort

Play tag

Play with dolls

Play with an hour 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



# 5

## LIMIT or ELIMINATE SWEETENED DRINKS

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ☑ The one you want to take on next



- ☑ **GO WITH H<sub>2</sub>O.** Carry water with you — and drink it all day long.
- ☑ **GET MILK.** Aim for 2 to 3 cups of skim or 1% milk every day. Your whole body — especially your bones and teeth — will thank you.
- ☑ **RETHINK MEALTIME DRINKS.** Drink water or milk (skim or 1%) at meals and snack times.
- ☑ **MAKE IT SPECIAL.** Save soda, lemonade, sports drinks, Kool-Aid, and punch for special occasions — no more than once a week. If you're used to drinking regular soda, switch to diet soda.
- ☑ **WATCH THE JUICE.** Drink 100% fruit juice — but limit yourself to one small (4 to 6 ounces) glass or juice box a day. Better yet, eat a piece of fruit instead. You'll get more nutrients, and feel more satisfied.
- ☑ **EXERCISE CAUTION.** Go easy on the sports drinks. Most of the time, water is best for exercise.

### WHY?

Drinking too many sugary drinks isn't good for anyone. Soda pop, sweet sports drinks, energy drinks, and other drinks that have sugar make you gain weight. And that's not all. Those drinks also lead to:

- Weaker bones
- Tooth decay
- Type 2 diabetes
- Cravings for even more sugar





## SODA STATS: NOT SO SWEET

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Some experts call soda “liquid candy” — and call our soda-guzzling habits “America’s other drinking problem.”

- Most 2-year-olds get more added sugar from soda pop than from cookies, candies, and ice cream combined.
- More than half of 8-year-olds down soda every day.
- Teens drink more sweetened drinks than any other age group. One in three teenage boys drinks at least 3 cans of soda pop per day.
- More than half of middle schools and high schools sell soda pop to students.
- The more sweetened drinks you have every day, the more likely you are to become obese.

## “ONE CHANGE MADE A DIFFERENCE.”

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“I used to buy a Coke every day from the machine at school. Then last spring, I decided to switch to water for a while.

“I didn’t do anything else. I wasn’t on a diet. But I still managed to lose the little roll — you know, that extra flesh above the waistband — just by kicking my soda habit.

“Makes sense, if you do the math. A can of soda a day adds up to about 56,000 calories a year... that can mean some serious pounds. And it was just one small, easy change.”





# 6

## EAT MEALS TOGETHER AS A FAMILY

### IDEAS TO MAKE IT HAPPEN

- The things you already do most of the time
- The one you want to take on next

- MAKE AN APPOINTMENT FOR FAMILY DINNER.** Busy families have to make an effort to eat together. But it *can* be done. Post a family schedule in the kitchen, and circle the time you'll meet for the evening meal each night. If you have to rearrange your day or say no to an event so you can make the meal, do it.
- STOP GRAZING.** Teens and adults usually need 3 meals and 1 or 2 healthy snacks a day. Younger children may need to eat every 3 or 4 hours throughout the day. Set meal and snack times — and don't allow yourself to graze in between times.
- HAVE EVERYBODY HELP WITH COOKING.** Even young children can help with cooking healthy foods at home — stirring, pouring, and washing foods as needed. Older children and teens can take over cooking duties some nights of the week.
- LIMIT FAST FOOD.** Make it a family rule to eat fast food less than two times a month. You'll save money, feel better — and probably find that a simple homemade meal is just as fast.
- SIT DOWN AND SLOW DOWN.** Meal times should be restful, not rushed. Enjoy your food — and enjoy the company (without the TV on!). Stay at the table for at least 30 minutes.
- EAT ONLY IN THE DINING ROOM OR KITCHEN.** If you're eating in every room of the house, you're probably eating all the time.
- DON'T EAT IN THE CAR.** Plan enough time to go into the restaurant and sit down to eat. If you're traveling, look for a park or rest stop to picnic in.
- WHEN THINGS GET COMPLEX — KEEP MEALS SIMPLE.** You don't have to spend hours and hours cooking. Make a list of 6 or 7 quick, healthy meals to work from. See the next pages for ideas.

### WHY?

Studies have shown that children who eat regular meals with their parents are more likely to:

- Get enough nutrients in their daily diet
- Stay away from cigarettes, alcohol, and drugs
- Maintain a healthy weight
- Be happy with their present life and their prospects for the future
- Do well in school

Family meals may be hard to arrange, but they're worth it.



# EASY, QUICK and HEALTHY MEALS & SNACKS

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Circle the meals and snacks that sound good to you.

## MEAL IDEAS

- Baked potato with fat-free cottage cheese and vegetables
- Bean burritos, using black beans, vegetarian, or fat-free refried beans
- Casserole with chicken, vegetables, and rice
- Chili and cornbread
- Enchiladas with vegetables and chicken
- Omelets with vegetables and low-fat cheese
- Grilled salmon and wild rice
- Macaroni and cheese, without the butter and using skim milk
- Pizza topped with vegetables and mozzarella cheese
- Roasted vegetables (in olive oil) served on brown rice
- Salad tossed with tuna or chicken
- Soups that are broth-based or made with low-fat milk
- Spaghetti with tomato sauce and extra vegetables
- Stir fry with chicken and vegetables over brown rice
- Tuna or chicken salad sandwich on whole wheat
- Pancakes or waffles (whole wheat) with fruit and light yogurt
- Hummus and whole-wheat pitas
- Subs or wraps with vegetables and lean meats

## SNACK IDEAS

- Fruit: apples and applesauce, bananas, grapes, oranges, fruit cups in juice (not syrup), pears, berries, melons, kiwis, peaches, nectarines, etc.
- Cereal: low-sugar, whole grain
- Cheese: low-fat cheeses and cheese-sticks
- Fat-free cottage cheese and fruit
- Cookies: low-fat oatmeal
- Crackers and chips: low-fat, whole grain, baked
- Muffins: bran
- Nuts: almonds, walnuts, natural peanut butter (no trans fat)
- Popcorn: air-popped
- Popsicles: sugar-free
- Pretzels
- Smoothies: blend light yogurt with fresh and frozen fruit
- Vegetables: mini carrots, snap peas, cucumber slices, broccoli and cauliflower florets, celery sticks, etc.
- Yogurt: light

**“EATING TOGETHER IS PRETTY BASIC — AND PRETTY COOL.”**

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“In our family, somebody had sports or clubs in the evening, or else somebody was always working late...we just got out of the habit. But then we became a host family for an exchange student. It made us do more ‘family things,’ like dinner, together.

“Eating and talking together at the table — it’s a pretty basic thing. But it’s a pretty amazing thing, too. We’re having some cool conversations. Stuff that’s happening at school, stuff in the news. I’m definitely eating better, and we’ve all cut back on the fast food. But the really cool thing? Just hanging out.”





# 7

## GET ENOUGH SLEEP

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ☑ The one you want to take on next

- ☑ **KNOW HOW MUCH SLEEP YOU NEED.** There's a right amount for everyone in the family. Preschoolers need about 11 hours (including naps), children need about 10 hours, teens need about 9 hours, and adults need about 8 hours — every single night. Make sure the whole family is getting enough sleep.
- ☑ **MAKE A ROUTINE.** Set bedtimes and stick to them. Then create a relaxing bedtime routine — a book, quiet music, maybe — that will help your body and mind settle into a peaceful sleep.
- ☑ **MOVE MORE.** Being more active during the day will help you sleep better at night. You may not sleep longer, but you'll probably go to sleep faster, sleep more deeply, and wake up more refreshed.
- ☑ **CUT BACK.** Talk about whether you have too many after-school activities. Limit each person to one sport and one other activity.
- ☑ **DO HOMEWORK FIRST.** Make a plan for getting homework done earlier — like doing all the homework before watching any screens.
- ☑ **SAY GOOD NIGHT TO THE ELECTRONICS.** Keep the screens (computers, game consoles, iPads, phones) out of your bedroom.
- ☑ **MAKE SURE YOUR ROOM IS DARK.** Use heavy drapes to block out the sunlight when you should be sleeping, especially in the summer when the sun's up longer.
- ☑ **GET HELP IF YOU NEED IT.** If you have a lot of trouble getting to sleep or staying asleep, ask your doctor for advice.



## WHY?

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Studies show that most kids, teens, and adults don't sleep enough. And that makes them more likely to:

- Have more colds and flu, and more accidents on the playground.
- Have more behavior problems, such as whining and short temper.
- Have more trouble paying attention in school, and remembering what they learn.
- Be overweight — so they're at higher risk for weight-related conditions.

## WELL, YEAH, BUT...

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### **"I'M NOT TIRED AT NIGHT."**

Make a relaxing bedtime routine — get your things ready for the morning, take a bath or shower, read a few pages. Do it every night and your body will get used to it.

### **"I HAVE TO STAY UP AND FINISH MY HOMEWORK."**

Start working on homework earlier. That may mean you need to cut out something else, like an after-school activity. Save TV watching for the weekend.

## "WE COUNTED BACKWARDS"

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"Mornings were crazy at our house — my parents yelling 'You're gonna be late!' and the kids yelling, 'but I'm *tired!*' It was a big fight every day. My mom finally said she couldn't take it anymore.

"First, we checked how many hours of sleep everyone was *supposed* to get. Then we counted backwards on the clock — what time would we have to go to bed to get that much sleep? It was way earlier than what we were used to!

"So we counted backward some more. To get to bed that early, what time did we have to start homework? What time did we have to eat dinner? We posted a schedule on the fridge. Mom made us do it all for a couple of weeks, just to see what it would take.

"At first it felt super strict. But we noticed changes right away: Mornings were easier. Mom was nicer. I had time to eat breakfast.

"We've mostly kept it up. The best part? When the alarm goes off in the morning, I feel like I've slept in!"





# 8

## BE POSITIVE ABOUT FOOD AND BODY IMAGE

### IDEAS TO MAKE IT HAPPEN

- ★ The things you already do most of the time
- ✓ The one you want to take on next

- ❑ **AVOID LABELING FOODS AS “GOOD” OR “BAD.”** Eating a food you label as “bad” can make you feel like you’ve ruined your diet — and want to give up on trying to eat better. So be moderate. Focus on eating healthier foods at every meal. Plan for treats from time to time. If you make good food choices and have reasonable portions most of the time, you’re doing great.
- ❑ **DON’T USE FOOD AS A REWARD, BRIBE, OR PUNISHMENT.** This can lead to “comfort eating” — overeating when you’re stressed — and other unhealthy behaviors. Instead, reward or motivate yourself (or your kids) with an activity: a trip to the park, a hike with a friend, a matinée.
- ❑ **STAY AWAY FROM FAD DIETS.** Beware of eating plans that promise to help you drop weight, build muscle, or lose (or gain) inches in a “quick and easy” way. Such diets rarely work in the long term — and they can be unsafe. Instead, build life-long healthy habits for eating and activity.
- ❑ **LEARN ABOUT NUTRITION.** Take a class or read a book on nutrition. Find out how different foods nourish your body. Be food-friendly, not food-phobic!
- ❑ **GROW IT YOURSELF.** Start a garden in your yard or in containers on your porch or windowsill. Growing your own vegetables is a fun way to get some exercise, bone up on biology, and share time with your family. It’s also a great reminder that food is healthy and nurturing, not harmful.

### WHY?

**FOOD IS A FAMILY AFFAIR.** Experts agree that how your family thinks and talks about food and bodies matters. It can have a big impact on your health now and in the future.

Unfortunately, some of the most well-meaning practices — like restricting food or focusing on body weight — can end up being harmful. They can actually promote the behaviors and poor self-image they aim to prevent.





- ❑ **WATCH WHAT YOU SAY ABOUT YOURSELF.** Don't criticize your own body — even as a joke. Don't compare your own weight, size, or shape to someone else's. Being healthy means being positive about yourself. Accept your uniqueness!
- ❑ **WATCH WHAT YOU SAY ABOUT OTHERS.** Don't make negative remarks about other people's bodies, either. Show appreciation for each person's unique personality, coloring, and body shape and size. Ask others in your family to do the same.
- ❑ **BE REALISTIC.** It's normal and healthy for your body to change over time. So let your doctor help you determine if your weight is right for you and what your goals should be. For example, even if you're too heavy right now, a realistic goal might be weight maintenance, not weight loss. It's normal for kids to gain some weight just before puberty or a growth spurt. You may be able to grow into your weight.
- ❑ **FOCUS ON HEALTH.** Focus on lifelong, healthy habits — not numbers on the scale. Don't ask what others weigh, and don't over-praise a drop in a friend's or family member's clothing size. Try to be the healthiest you can be, for your own sake.

## “WE REALIZED WE NEEDED TO SUPPORT EACH OTHER.”

“We both wanted to be healthier. We talked about it all the time. It didn't occur to me that how I talked about it could actually be making things more difficult for her. Or that some things I was doing — like hiding treats — were just making her feel weird and anxious.

“What was helpful? We made a list for ourselves — things that would work for us. Mostly, it was stuff we could do together, like buy healthier snacks or go walking after dinner. But there were also things we agreed not to do. For example, we stopped weighing ourselves every day. We've tried to stop complaining about how we look.

“It's not easy to change. But when you think about your whole life, the habits and attitudes you want to have in the long term, it's easier. You're thinking about your health and your happiness — not just your jean size — and that feels good.”



# WATCH YOUR TALK

HOW YOU TALK ABOUT BODIES AND FOOD CAN HAVE A BIG — AND OFTEN UNINTENDED — EFFECT.

**YOU SAY:**

Don't you think you'd feel better if you lost a little weight? You'd look great!

**THEY THINK:**

I was feeling okay, but I guess she doesn't think I'm okay the way I am. And why does "looking good" matter so much?

**ADVICE:**

Focus on a person's positive qualities, talents, and accomplishments. Don't suggest that self-esteem is — or should be — based only on how you look.

**YOU SAY:**

Hey — wow! Have you lost weight? You look really, really fantastic!

**THEY THINK:**

Did I look bad before? I've reached my weight goal... but maybe I need to lose a lot more.

**ADVICE:**

Don't over-praise a weight loss — it can promote an unhealthy fear of fat. A simple, understated compliment is fine: "You look nice."

**YOU SAY:**

Oh. My. Gosh. Look at my thighs in these pants! I'm disgusting!

**THEY THINK:**

If she thinks she's disgusting... then she must think I'm pretty gross, too.

**ADVICE:**

Don't suggest that it's normal — or desirable — to hate your body. Being dissatisfied with your body won't help you be healthy at all!

**YOU SAY:**

Do you really want to order that? It's pretty high in fat...did you notice the low-calorie section of the menu?

**THEY THINK:**

He's watching everything I put in my mouth! I guess I have to start obsessing, too! Or maybe I'll just sneak....

**ADVICE:**

Don't hint about — or monitor — other people's food choices. Your "helpful suggestions" are likely to backfire. Forbidden foods can easily become guilty secrets.

**YOU SAY:**

Nice tent — I mean, nice dress!

**THEY THINK:**

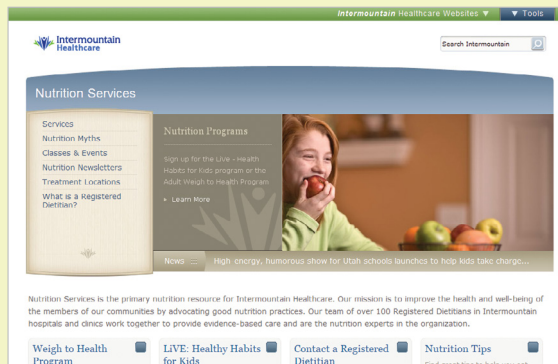
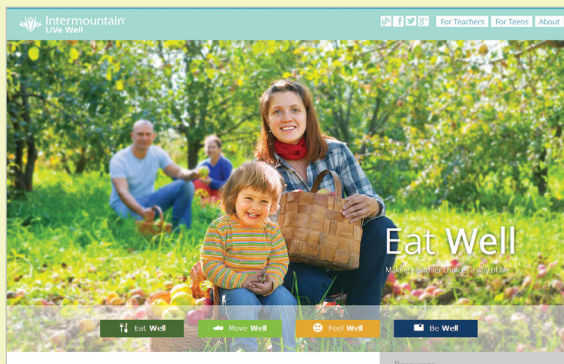
How humiliating.

**ADVICE:**

Don't tease people about their shape or clothes. It's never helpful, always hurtful. And also not funny.



# INTERNET RESOURCES TO HELP YOU **LiVe Well**



- [IntermountainLiVeWell.org](http://IntermountainLiVeWell.org)  
More media, more information, more resources to help you LiVe the 8 habits discussed in this booklet.
- [Intermountainhealthcare.org/nutrition](http://Intermountainhealthcare.org/nutrition)  
Intermountain Healthcare's Nutrition Services site includes nutrition tips, classes, and contacts.
- [Intermountainhealthcare.org/weight](http://Intermountainhealthcare.org/weight)  
Intermountain Healthcare's Weight Management online center for kids, grown ups, and families. Find more materials and resources — including links to straight talk, cool games, and practical advice from **KidsHealth.org** and our patient education library.

## OTHER COOL SITES

- [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
Interactive site with tips, games, tools, and plans for healthier living — includes a section just for kids!
- [Kidnetic.com](http://Kidnetic.com)  
Fitness challenges, games, quizzes, and other fun stuff to help you move, eat, and learn better.
- [HealthierGeneration.org](http://HealthierGeneration.org)  
Information, programs, grants, and games for kids, teens, parents, teachers, and companies interested in reversing national trends in childhood obesity.

*For more information about the LiVe program, visit [IntermountainLiveWell.org](http://IntermountainLiveWell.org) or call Intermountain Healthcare at 801-442-2836.*

