

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 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**.

2 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.)

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.

6 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!

SLEEP & SUPPORT

7 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.



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.

8 to Live By

TRACK IT!

WEEK: _____

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

FOOD		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruits	EAT MORE!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Veggies	EAT MORE!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sweetened drinks	AIM FOR NONE!	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more	<input checked="" type="checkbox"/> 1 2 3 none more
Low-fat milk	DRINK UP!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water	DRINK UP!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I ate dinner with my family on these days:		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SLEEP & SUPPORT	SUN	MON	TUE	WED	THUR	FRI	SAT
Hours of sleep I got:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Things my family and friends did that were helpful:

Things my family and friends did that were not helpful:

CELEBRATE things I did well this week:

NEW GOALS I will work on: