

8 to Live By

★ Habit Builder

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 reduces stress.
- Kids need at least **60 minutes of physical activity** every day, and adults need at least 30 minutes, which can be done 10 minutes at a time. Kids can get most of their activity 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 eating 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.
- 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**.

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.
- 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 drinking a lot of sweetened drinks like sodas and sports drinks increases a person's weight. 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 servings of dairy or alternative dairy each day.

6 Eat meals 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 a meal together most nights of the week.

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 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.






































































































































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★ Track It!



Week: _____

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

Food		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!							
Fruits	EAT MORE!	   	   	   	   	   	   	   
Veggies	EAT MORE!	   	   	   	   	   	   	   
Sweetened drinks	AIM FOR NONE!	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE
Dairy or other milk	DRINK UP!	  	  	  	  	  	  	  
Water	DRINK UP!	   	   	   	   	   	   	   
I ate a meal with my family:								

Sleep & Support	SUN	MON	TUE	WED	THUR	FRI	SAT
Hours of sleep I got:							

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: