

6 STEPS TOWARDS HEALTHIER KIDS

Eat Well

- 1 Eat family meals together to increase fruit and vegetable intake.
- 2 Limit sugary drinks.

Move More

- 3 Children should be getting 60 minutes of play time a day.
- 4 Limit non-educational screen time to less than 1 hour per day.

Live Smoke-Free

- 5 Limit secondhand smoke exposure as much as possible.
- 6 Talk to your child about harmful substances, such as junk food and tobacco.



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MORE TIPS AND
RESOURCES:**

