

Family Guide
To
Staying Healthy!



Info for Kids
and
Parents

Be Cool and Join the 5-2-1 Club

Today, kids are getting healthy - here's how...

5 - FRUITS AND VEGETABLES

Enjoy at least 5 fruits and
veggies per day

2 - SCREEN TIME

Add up your TV, Video Game,
and Computer time each day:
Make it less than 2 hours per day

1 - EXERCISE

Be active for at least
1 hour per day

1 - READING

Chill out with a great book for at least
1 hour per day!

What do you like?

Fruits and Veggies can be fast food
See www.kidnetic.com for more ideas

Work with good lighting
Don't strain your eyes
Check out kidshealth.org for activities

Do something you already like
Doesn't have to be a sport
Walk or bike (remember your helmet)
Set goals to reach

Read stuff you like
Choose your own adventure
Read and write about what you see

What can grownups do?

5 Fruits/Veggies

- Make fruits/veggies easily available in your home
- Don't require kids to clean their plate
- Don't keep junk food at home
- Avoid rewarding or comforting with food
- Make dinner a fun, family time

Less than 2 hours of screen time

- Keep the television off as much as possible
- Help choose appropriate TV shows, games, and websites
- Keep the TV out of the bedroom

Greater than 1 hour of activity

- Sign up for activities
- Make exercise fun – do it together!
- Take family walks after dinner

Greater than 1 hour of reading

- Read together
- Discuss what your child is reading
- Make reading a daily habit
- Encourage kids to keep a journal

Excellent Resources:

www.kidnetic.com

www.reachoutandread.com

www.kidshealth.org

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