

he It



How to lead a healthy lifestyle

Get active each day

5HJXODU SK\VLFD O DFWLYLW\ LV LPSRUWDQW IRU WKH KHDOWK\ JURZWK GHYHORSHPHQW DQG ZHO O EHLQJ RI NLGV DQG WHHQV

Kids and teens should accumulate at least 60 minutes

DQG XS WR WKUHH KRXUV RI PRGHUDWH WR YLJRURXV SK\VLFD O DFWLYLW\ HYHU\ GD\ WKDW PDNHV WKHP µKXII DQG SXII¶ .LGV DQG WHHQV VKRXOG GR VWUHQJWKHQLQJ SK\VLFD O DFWLYLWLHV VXFK DV FOLPELQJ MXPSLQJ UXQQLQJ RU SOD\LQJ WXJ R

war at least three days of the week.

Parents should be good role models and have

D SRVLWLYH DWWLWXGH WR EHLQJ DFWLYH

Choose water as a drink

Water is the best way to quench your thirst – and it doesn't come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks.

Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium.

Give kids and teens whole fruit to eat, rather than

RIIHULQJ IUXLW MXLFHV ZKLFK FRQWDLQ OHVV ¿EUH

Eat more fruit and vegies

(DWLQJ IUXLW DQG YHJLHV HYHU\ GD\ KHOSV NLGV DQG WHHQV JURZ DQG GHYHORS ERRVWV WKHLU YLWDOLW\ DQG FDQ UHGXFH the risk of many chronic diseases.

Aim to eat 2 serves of fruit and 5 serves of vegies every day.*

Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

7XUQ R WKH 79 RU FRPSXWHU DQG get active

6HGHQWDU\ RU µVWLOO¶ WLPH VSHQW ZDWFKLQJ 79 VXU¿QJ RQOLQH SOD\LQJ FRPSXWHU RU HOHFWURQLF KDQG KHOG JDPHV LV OLQNHG to kids and teens becoming overweight or obese.

.LGV DQG WHHQV VKRXOG VSHQG QR PRUH WKDQ KRXUV HDFK GD\ RQ VPDOO VFUHHQ HQWHUWDLQPHQW %UHDN XS ORQJ S O€1¥ pìºS HDFJLHV HYGOpS pO@ ðH €EP O•ÄpÄ -E...S ðDFK îÇTV%A™^1ÿ—SiêO P(2) R