

The 9-5-2-1-0-B STEPS FOR HEALTHY KIDS

At Communities for Healthy Kids, we believe all children should enjoy health and wellness where they live, learn, and play. We recognize advice on how to be healthy can often be confusing, so here are some simple messages to achieve healthy lifestyles.



For more information please visit our website:
www.communitiesforhealthykids.org

Healthy Tips

9 HOURS OF SLEEP.

get more

Good sleep habits lead to improved attention, behavior, learning, and mental and physical health.

- ☞ Include a winding-down routine (try relaxation or meditation).
- ☞ Switch off electronics at least an hour before bed.
- ☞ Stick to a bedtime.

5 FOOD GROUPS.

eat healthy

Fruits, vegetables, grains, protein and dairy provide nutrition that supports proper growth, development and good health.

- ☞ Focus on whole fruits and whole grains.
- ☞ Vary your veggies and protein.
- ☞ Choose low-fat or fat-free dairy foods.
- ☞ Eat meals together as a family.

2 HOURS OF SCREEN TIME.

watch less

No more than two hours of TV, smartphones, video games and other screens per day.

- ☞ Keep electronics in a central location.
- ☞ Turn off electronics during mealtimes.
- ☞ Try riding a bike, going on a hike, visit the library or play board games.

1 HOUR OF PHYSICAL ACTIVITY.

play more

Regular opportunities for recreation and physical activity are essential for good health and growth.

- ☞ Take gradual steps - do at least 10 minutes of activity at a time.
- ☞ Make it fun: do physical activities together with friends or family and include dancing, gardening and swimming.
- ☞ Practice safe walking and biking to and from school regularly.

0 SUGARY DRINKS.

cut down

Sugary drinks or sugar sweetened beverages contain added sugar, have little health benefit and are linked to negative health consequences.

- ☞ Choose water or milk.
- ☞ Try adding lemon, cucumber, or mint to water to create flavored water.
- ☞ Limit juice consumption, and make sure it's 100% fruit juice.

B BREAST-FEEDING.

give more

Breast milk is the best food for infants and small children. Breast milk contains the right balance of nutrients for baby and provides real health benefits for both baby and mom.

- ☞ Promote breastfeeding for the first year.
- ☞ Provide a private space & time for breastfeeding mothers at work.
- ☞ Introduce children to healthy foods and beverages when the time is right.