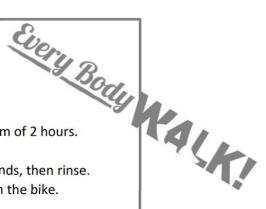
10 Healthy Lifestyle Habits for Children and Teens

- 1. Eat 5 servings of fruits and vegetables.
- 2. Exercise for at least 60 minutes.
- 3. Sleep for 9-10 hours.
- 4. Say no to cigarettes, alcohol, and drugs.
- 5. Drink 5 to 8 cups of water.
- 6. Limit the use of all electronic media to a maximum of 2 hours.
- 7. Practice kindness.
- 8. Wash your hands. Rub hands for at least 20 seconds, then rinse.
- 9. Wear your seatbelt in the car and your helmet on the bike.
- 10. Brush your teeth morning and evening.







Start a ripple... Create a wave.

It begins with YOU!



THE MORE THEY BURN THE BETTER THEY LEARN





Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

^{*}The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagai S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS.
Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pij: jc-00158-16. PubMed PMID: 27250809.

