

# 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.

*Every Body WALK!*

The Kindness Wave™



Start a ripple... Create a wave.  
It begins with YOU!



## THE MORE THEY BURN THE BETTER THEY LEARN



YOUR  
CHILD

AMOUNT OF  
ACTIVITY

VARIOUS  
ACTIVITIES

ACADEMIC  
ACHIEVEMENT

**Did you know that kids who are physically active get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT  
[MakingHealthEasier.org/BurnToLearn](http://MakingHealthEasier.org/BurnToLearn)

SOURCES |

CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.

C-FB ISD Council  
**PTA**<sup>®</sup>  
everychild.one voice.<sup>®</sup>

## 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, Kotagal 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. pii: jc-00158-16. PubMed PMID: 27250809.

# FRUITS & VEGETABLES

TRY FOR 4-5 SERVINGS OF EACH PER DAY.  
WHAT COUNTS AS A SERVING?



Healthy For Good™

## FRUITS

### ONE MEDIUM FRUIT



### FRESH, FROZEN OR CANNED FRUIT



### DRIED FRUIT



### FRUIT JUICE\*\*



## VEGETABLES

### RAW LEAFY VEGETABLE



### FRESH, FROZEN OR CANNED VEGETABLE



### VEGETABLE JUICE\*\*



\*Recommended daily goal based on 2,000 calorie/day eating pattern.

\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.



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