



Well Care Education -5 to 12-Year-Old

KEYS TO A HEALTHY LIFESTYLE

Eat Healthy Meals



A huge key to a healthy lifestyle is eating right. More information can be found on the next page; however, you should try to have at least three, high protein, low fat meals each day

60 Minutes of Exercise

Exercise is super important to keep your heart healthy, and muscles strong. Find a physical activity you enjoy, and try to get 60 minutes of exercise every day. This could be anything from running, playing sports, or lifting weights.



Drink Lots of Water



Your body is more than 60% water! That means you need to be drinking a lot of it! Try to drink between 1 and 2 liters, or 5-10 glasses, of water every day.

Read for 30 Minutes

By reading for just 30 minutes every day, you can greatly increase your brain power! Try to find a book that interests you, and read for at least a half hour before or after school!



Limit Screen Time to 1 Hour



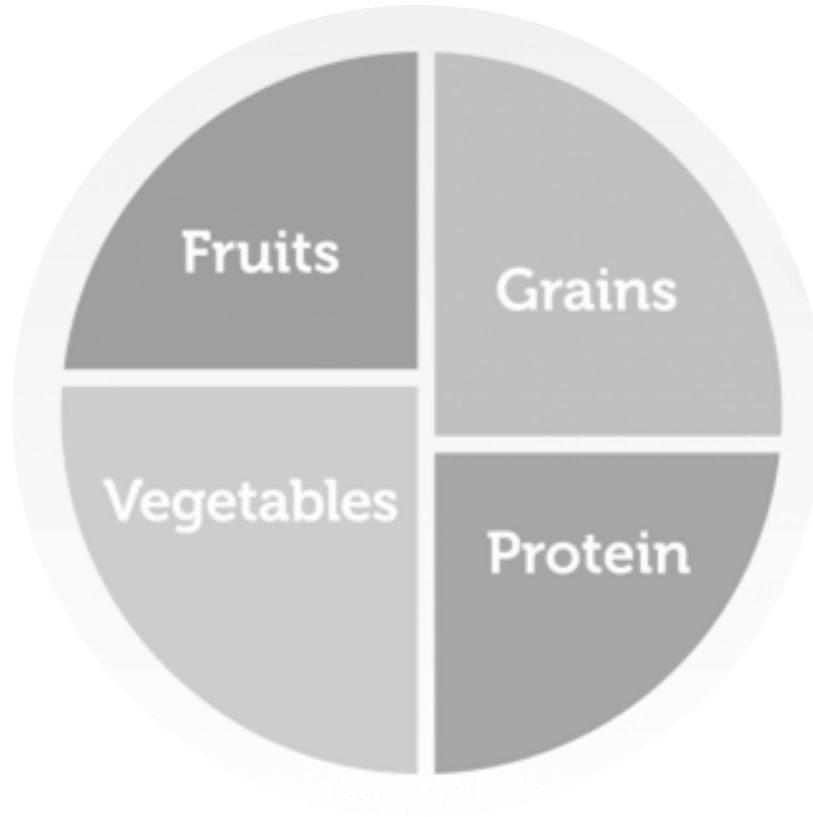
Looking at a screen for a long time can damage your brain and eyes, not to mention causing you to miss out on other opportunities. Try to limit the amount of time you are looking at 1 to 2 hours per day, and spend your extra time with friends, exercising, or reading!

Get Lots of Sleep

Did you know that when you are asleep your body is healing, growing, and getting ready for the next day? It is very important to be getting at least 9-10 hours of sleep every night to keep your body healthy.



FIND YOUR BALANCE



Grains

Grains are any food made from wheat, rice, oats, cornmeal, barely, or any other cereal grain is a grain product. Grains are important sources of many nutrients, including fiber and B vitamins.



Proteins



Proteins come mostly from meats such as steak, chicken, or fish, but can also be found in some nuts and in eggs. Protein is important for muscle growth, and should be a main focus in your daily diet.

Vegetables

Vegetables are natural sources of nutrients that are vital for health and maintenance of your body. Some good examples of vegetables are carrots, cucumbers, broccoli, and leafy greens.



Fruits



Fruits are sources of many essential nutrients that are under-consumed, including potassium, dietary fiber, vitamin C, and folate. Some good examples of fruits are apples, berries, cherries, and bananas.