

Healthy You's Countdown to Family Fitness

5 servings of fruits & vegetables
Eat fruits and vegetables every day. A serving is one-half cup of cut fruit or veggies, one cup of salad greens or one-quarter cup dried fruit.

4 servings of water
Drink water every day to satisfy thirst and provide fluid for growing bodies. No soft drinks, sodas or sweetened drinks!

3 servings of low-fat dairy
A serving is an eight-ounce cup of low-fat or skim milk or yogurt, or 1½ ounces of low-fat cheese.

2 hours or less of screen time
Limit daily time spent watching television, using the computer or playing video games.

1 hour or more of physical activity
Encourage your children to actively play for 1 hour every day. Try running, skipping, jumping or dancing each day.

GO!

Physical activity combined with good nutrition will help the **whole family** stay healthy.



Children's Hospital
of The King's Daughters
Healthy You Program

Tips to help your family countdown to fitness

5 servings of fruits and vegetables:

- Choose whole fruits and vegetables over juice for a natural balance of vitamins and minerals without added sugar.
- Keep fresh cut-up fruits and veggies around for snacks.

4 servings of water:

- Give your children water bottles and keep them filled.
- Keep track of how much they drink, especially during play or sports.
- Put a pitcher of water on the table at dinner.
- Avoid soft drinks and sweetened drinks.

3 servings of low-fat dairy:

- Blend low-fat or skim milk or yogurt with fruit and ice to make a tasty treat.
- Add low-fat cheese to soups and salads.

2 hours or less of screen time:

- Work with your children to select age appropriate shows and turn the television on only for those programs.
- Limit overall television, computer and video game time.
- Make TV a *reward*, not a daily routine.

1 hour or more of physical activity:

- Scatter activities throughout the day.
- For short trips, walk instead of driving, and take the stairs when possible.
- Enroll your children in after-school or weekend activities, or plan for active family time.

For more information, visit www.chkd.org/HealthyYou or call (757) 668-7035.