CREATING HEALTHY HABITS FOR KIDS

Healthy Habits Create Healthy Lives

Healthy Body

Exercise often by running, playing sports, doing yoga, swimming, dancing or walking. Moving your body helps you stay in shape.

Clean Body

Having good hygiene is important. Keep your hands clean by washing them several times throughout the day. Also, be sure to take a bath or shower every day. Brush and floss your teeth. Wear deodorant if your armpits start to smell.

Healthy Mind

Notice how your body is feeling. Stress can occur when we are feeling overwhelmed or like we have too much to do. Be sure to manage your time so you complete your homework and assignments on time and don't wait until the last minute. Learn some helpful breathing techniques to help you calm down and relax.

Healthy Friendships

Having friends is important for our mental and emotional well-being. Be sure to make time to hang out with your friends. Be sure you are playing fairly and nicely.

Healthy Diet

The food we eat becomes energy for our body. That's why it's important that we eat healthy food like fruits, vegetables and proteins. These types of foods are full of vitamins and minerals that our body and brain need.

Healthy Sleep

Sleep allows our body to recharge. It's very important that we get about 7 or 8 hours of sleep each night. To help you sleep better be sure your room is as dark and quiet as possible. Try to read a book instead of playing video games or watching a show before you go to sleep.

Boost your health!
Try to practice several of these healthy habits each day.
Invite your family and friends to join you.