

Healthy Habits for Kids

Healthy habits, including healthy eating, regular physical activity and being smoke free begin at home and continue throughout life. At a young age, children learn to make decisions and begin to make more choices of their own. They are developing habits and attitudes they may carry with them for the rest of their lives. Peer pressure influences children and youth of all ages and is particularly strong in the early teen years.

In the meantime, you, as a parent, play an important role in helping your children stay healthy. You may want to:

- Encourage your children to eat three well-balanced meals by selecting food outlined in Canada's Food Guide, ample vegetables and fruit is particularly important
- Offer them water and lower-fat milk (1% or 2%) instead of pop and other sugary drinks
- Serve healthier options like fresh fruit, veggie sticks and low-fat yogurt for after school snacks
- Encourage free outdoor play and limiting their screen time
- Make both your indoor and outdoor family activities free from secondhand smoke
- Encouraging your kids to choose activities they love - any activity - dancing, basketball, hockey, soccer, swimming or rollerblading
- Schedule active family outings like hiking, swimming or biking
- Set a good example yourself by eating healthfully and being physically active on a regular basis and by being smoke free

For more healthy living tips visit: <http://www.actnowbc.ca>

Eat Well...Be Active...Live Tobacco Free.

