

Eat Healthy Be Active... Your Kids Are Watching



fit families

• be active • eat healthy • drink water
This institution is an equal opportunity provider.



Include fruits and veggies with **ALL** meals and snacks.

When do you eat fruits and veggies?



Be active for at least 1 hour per day.

Are you active daily?



Limit TV to less than 2 hours per day.
No TV for children under 2 years.

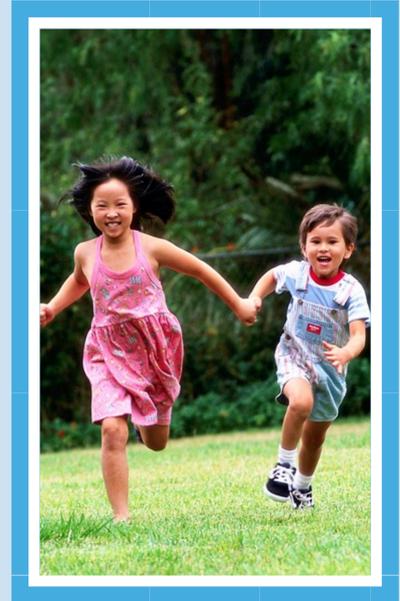
How much TV are you watching?

Ways To Be A Good Role Model



Drink water, low fat/skim milk, and less than 4-6 oz. of juice daily instead of soda.

What healthy beverages do you drink?



Never skip meals, especially breakfast.

Do you eat breakfast?



Aim for 3 meals/2-3 snacks per day.

When are you eating?

