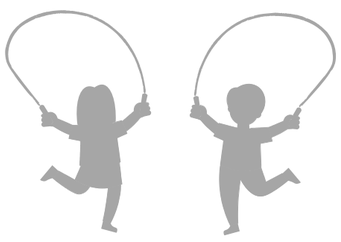
UNIDOS CONTRA
LA DIABETES

HEALTHY HABITS HEALTHY FAMILIES

Here are some steps you can take to set healthy goals for your family:

Don't make big changes all at once. If you usually drive everywhere, try walking to a friend's house down the street. In a couple weeks, walk a little farther—maybe to school or to the store.

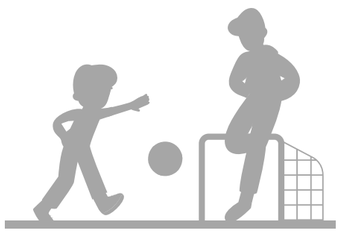
Ask your kids for ideas. Get everyone involved by having your children choose physical activities for the family to try together. Here are everyday ideas to rev up activity.



Focus on fun! Plan physical activities you can do as a family, like playing in the park or at a community center, or even going ice skating.

Explain the benefits of healthy habits. Kids may not think about the ways eating fruits and veggies or being active now helps to prevent diseases when they grow up. So, focus on the things that matter to them today.

Choosing healthy foods will give them energy to play sports and do activities with their friends.



Being active and eating healthy can help them from getting sick and missing time and activities with friends.

REDUCE SCREEN TIME

It's easy for kids to get distracted by TV, computers, and video games. So, set a good example by setting rules that limit their screen time.

Limit screen time to no more than two hours each day—**suggest active fun instead!**

www.nhlbi.nih.gov/health/educational/wecan/tools-resources/healthy-habits.htm