



5

*simple* steps TO SUCCESS

**There's one important goal to *Let's Move!*** and that's to solve the problem of childhood obesity in a generation. We want kids born today to grow up healthy and at a good weight when they reach adulthood. It's a big goal - so we're asking everyone to do their part, especially kids. By eating right and being active, kids can be healthy and achieve their dreams.



# 1

## Move Everyday!

Kids need 60 minutes of active play every day. It may sound like a lot, but it doesn't all need to happen at one time. Physical activity throughout the day all adds up. And when you get moving, you're more likely to:

- Feel less stressed.
- Feel better about yourself.
- Feel more ready to learn in school.
- Keep a healthy weight.
- Build and keep healthy bones, muscles and joints.
- Sleep better at night.

### PLAN FUN ACTIVITIES

Use the Healthy Family calendar to set healthy goals everyday of the week. Plan activities with your family like swimming, tennis, basketball, Frisbee - and come up with your own ideas to get moving.

Get into the program by jumping rope, playing catch, or racing a friend. Even better - you can win awards for staying active - and track your progress along with kids across America. The more you keep at it, the more fun you'll have. Get Started!

## 2

## Try a New Fruit or Veggie

Bodies need nutrients – like vitamins, minerals, proteins and carbohydrates – to grow up healthy. These nutrients mainly from the food you eat. Just as cars need gasoline to run, your body needs food to keep going. But not just any food. To be your healthiest, you need to give your body the right kinds and amounts of fuel.

### HAVE FUN WITH FRUIT

Fruits have important nutrients to keep your body healthy. Here are a few ideas to enjoy more fruit, more often:

- Grab an apple for a quick snack. Try different types like red delicious, gala, fuji or granny smith – there are over 7,500 varieties of apples worldwide!
- Join your parents on food shopping trips. Ask to try new fruits like peaches, cantaloupe, pears, kiwi fruit – there are a lot of sweet and delicious fruits that you can have fun tasting.
- Make a fruit salad with a mix of strawberries, oranges, grapes and pineapple – or whatever you have in the house.
- Mix it up! Blend frozen fruit, juice and low-fat or fat-free yogurt to make a healthy shake that tastes great.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.
- Drink 100% juice without added sugar – try fresh orange or apple juice.

### VARY YOUR VEGGIES

Vegetables have the vitamins, minerals and fiber your body needs to grow up healthy. Here are some simple ideas to eat more veggies everyday:

- Snack on veggies like baby carrot and celery sticks with a low-fat or fat-free ranch dip.
- Make a salad with a variety of veggies, like corn, carrots and spinach – keep it colorful!

# 2

## Try a New Fruit or Veggie CONTINUED

- Join your parents on food shopping trips and choose new veggies like sweet potatoes, beets, red pepper or sugar snap peas – have fun exploring colorful varieties, learning about what’s in season and tasting new foods.
- Order veggie pizza with toppings like mushrooms, green peppers and onions – ask for extra veggies! Try mixing vegetables into other favorite foods too.
- Bring cut-up veggies to school for an afternoon snack – try red pepper or cucumber slices.

# 3

## Drink Lots of Water

Reach for a tall glass of water, instead of soda or sugary drinks like sports drinks or juice with added sugar. Here are some simple ideas to make better beverage choices and be healthier:

- Pass on soda and choose water instead at meal time.
- Drink 100% juice without added sugar – fruit juice is sweet on its own!
- Choose 1% or skim milk.
- Make water exciting! Add a slice of lemon, lime, cucumber, or watermelon, or try sparkling water.
- Add a splash of 100% juice to water or sparkling water.
- If you're having soda for a treat, choose the small size.



## 4

## Do Jumping Jacks to Break up TV Time

The average kid spends more time watching TV, and less time running and playing. Kids need to run and play everyday. Quiet time for reading and homework is fine, but you should limit time spent watching TV, playing video games, or surfing the web so you have more time to play!

If you're going to watch TV or play computer games, break it up! Pause the game. Make commercial breaks *Let's Move!* breaks. Here are some active ideas:

- Jumping jacks
- Dancing
- Racing up and down the stairs
- Sit-ups
- Stretching
- Jogging in place
- Push-ups
- Yoga moves
- Active house chores
- Come up with your own physical activities

Use the screen time log to keep track of how much time you're spending in front of a screen each week.

# 5

## Help Make Dinner

Join in with food shopping and cooking. Sit down as a family to plan a menu and enjoy spending time together.

- Participate in food shopping trips and choose fruits and veggies to mix-in to meals.
- If you pack your lunch, work out a menu for the week with different foods that you like and are good for you.
- With parent's permission, help measure and mix ingredients and cut up fruits and vegetables.
- Find new healthy recipes that sound tasty, too.
- Use the healthy family calendar to schedule family dinners each week.

