**1. PLAY every day**

- Walk or ride a bike to work or school.
- Turn on your favorite song and dance!
- Train as a family for a charity walk or run.
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- Physical activity is any body movement that works your muscles and requires more energy than resting, like walking, dancing or gardening.
- Play a game like tag, frisbee, or basketball and make exercise fun!
- Keep a chart of screen time.

**2. CUT screen time**

- Limit screen time to two hours or less a day. Spend less time watching TV, playing video games, and surfing the internet.
- Too much screen time, like watching TV or playing video games, is associated with unhealthy weight gain and sleep and behavioral problems in kids and adolescents.
- Keep TVs and computers out of kids’ bedrooms.

**3. EAT fruits and vegetables**

- Make a rainbow on your plate! Eat at least 5 servings of fruits and vegetables a day.
- Sit down to eat 3 meals a day with family or friends. Turn off the TV when you do!
- Try chopping vegetables up and adding them to chili, soup, and spaghetti.
- Grow a garden.
- Try eating veggies with hummus or low-fat ranch.
- A serving is about 1/2 cup of chopped fruits or veggies for adults and about the size of a child’s hand for kids.

**DID YOU KNOW?**

- Youth see thousands of TV food advertisements primarily for high-calorie, nutrient-poor foods, which influence their eating habits.
- Eat together as a family, away from the TV. Don’t forget to put your phone away!
- Keep a chart of screen time.
- It can take up to 7 tries to like a new food, so don’t give up if you don’t like certain fruits and veggies right away. Try, try, try, try, try, and try again!
- Short bursts of activity throughout the day still count! Keep track of your activity until it adds up to 60 minutes.