



GetFitAZKids.org

Eat 5 servings a day of fruits and vegetables

Smart Ideas:



- choose fresh fruit instead of juice
- try a new fruit or vegetable each week
- choose a fruit or vegetable for a snack
- try a new recipe using fruits or vegetables

Spend less than 2 hours a day in front of a screen

Smart Ideas:



- keep TVs, video games and computers out of the bedroom
- plan your TV time (and stick to it)
- don't eat in front of the TV
- reach for a good book

Be active at least 1 hour a day

Smart Ideas:



- involve the family—take a walk, go to the park, walk the dog
- try wearing a pedometer and walking 10,000 steps a day
- ride a bike or take a hike
- try a new sport

Limit sweetened drinks to near 0 every day

Smart Ideas:



- drink more water
- drink low-fat or non-fat milk
- avoid sports/energy drinks
- flavor water with slices of fruits or veggies

