

~ There are many ways you and your family can get healthy together. ~  
**CHOOSE YOUR FAMILY'S HEALTHY ADVENTURE!**

Fill half of your family's plates with fruits and vegetables.



Limit kids' screen time to no more than 2 hours a day.



**1 in 3**  
children in America  
is overweight or obese.

When your family is active, be sure it's for at least 10 minutes at a stretch.



Replace sugar-sweetened drinks with water or fat-free milk.



Ask your kids what physical activities would tempt them away from the TV or other forms of media.



Make a list before grocery shopping.



Try a new fruit or vegetable with dinner each week.



Eat together as a family as often as possible.



Help your kids be physically active for at least 60 minutes each day.



**SMALL STEPS CAN MAKE A BIG DIFFERENCE!**  
Go to [www.NIH.gov/WeCan](http://www.NIH.gov/WeCan) for more tips!

