

STEP UP TO



EVERY DAY, AIM FOR:

- Less than 2 hours of screen time (TV, video games, Internet)
- 60 minutes or more of physical activity!

START

BUILD A HEALTHY FOUNDATION



Turn off the TV

Aim for less than 2 hours a day.

- Remove TV, computers, and game consoles from all bedrooms.
- Be firm about limits.
- Don't eat in front of the TV.
- Don't surf: schedule time in advance to watch your favorite shows.
- Exercise while you watch (treadmill, bike, commercial-calisthenics).

Transport yourself

Try to spend less time in the car. Get some fresh air. Rely on your own 2 feet.

- Walk or ride your bike to school. Make it a daily routine.
- Walk or ride your bike to friends' houses, to the store, to movies, to lessons, to church, or to work.
- Ditch the stroller. Let toddlers walk along with you when possible.
- Take the stairs instead of the elevator—always—up and down.

Play, play, play

Do more good old-fashioned, active play. No rules, no structure. Just have fun!

- Play tag, hopscotch, red-rover, or kickball.
- Throw a ball.
- Chase the dog.
- Look for bugs or play with dolls.
- Build things—towers of blocks, snowmen, or fortresses.
- Spend time at a playground, skate park, or rec center.
- Jump rope.

Make it a family affair

Don't go it alone. Get the whole family involved. Make family activities part of your weekly routine.

- Do regular, active chores: vacuuming, raking leaves, mowing the lawn, sweeping the floor, washing windows.
- Take walks together after dinner.
- Play Ping-Pong, Frisbee, badminton, or croquet.
- Find active indoor games like Twister or balloon volleyball.
- Go bowling or mini golfing.

STRETCH & STRENGTHEN

Stretch your body every day

Be gentle, patient, and persistent. Work stretching into everyday activities—or at least take time to stretch 2 to 3 times a week:

- Stretch before you get out of bed.
- Stretch before and after aerobic exercise or sports.
- Learn yoga or Pilates.
- Try martial arts or gymnastics.
- Dance or stretch to music (for toddlers, try "head, shoulders, knees and toes").

Build strength

Add strength training 2 to 3 times a week.

- Use your own body weight—do push-ups, pull-ups, sit-ups, and knee bends.
- Sign up for personal training or work with a coach to learn good technique.
- Use light weights and do lots of repetitions.

Ease into it

If you have joint pain with walking or sports activities—or you're just starting from scratch—consider these low-impact activities first:

- Swimming or water play
- Stationary cycling
- Elliptical trainers

Need help? Find a personal trainer.

Get aerobic

Try to make 20-30 minutes of your daily activity vigorous and aerobic. Get your heart beating faster, and work up a sweat.

- **Outdoors:** bike, walk, run, hike, climb, skate, sled, cross-country ski, or jump rope.
- **Indoors:** rowing machine, stationary bike, treadmill, elliptical trainer, active arcade or video games (dance, boxing).

Play a sport or join a club

You don't need to be a sports star. Pick up a game with friends and family.

- Check out options at your local parks and recreation center or at a health club or school.
- Try: basketball, tennis, soccer, football or flag football, hockey, lacrosse, baseball or softball, Ultimate Frisbee, swimming, dancing, cheerleading, volleyball, wrestling, track.

REV IT UP



Week: _____

FOOD	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast Every Day!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks Aim for None!	★ none 1 2 3 more	★ none 1 2 3 more	★ none 1 2 3 more	★ none 1 2 3 more	★ none 1 2 3 more	★ none 1 2 3 more	★ none 1 2 3 more
Low-fat milk Drink Up!	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water Drink Up!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○

ACTIVITY	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes of TV, video games, and Internet surfing Go Easy!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	# minutes	# minutes	# minutes	# minutes	# minutes	# minutes	# minutes
Minutes of activity Rev it Up! (includes outside play, chores, family activities, walking to school, sports, and more...)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	# minutes	# minutes	# minutes	# minutes	# minutes	# minutes	# minutes

SUPPORT

I ate dinner with my family this week on these days:

Sun Mon Tues Wed Thurs Fri Sat

Things my family and friends did that were...

Helpful:

Hurtful:

CELEBRATE

Things I did well this week:

MY NEW GOALS

Things I could improve on:

8 TO LIVE BY

HABIT BUILDER for Kids, Teens, and Families

To reach and keep a healthy weight, build better habits together. The 8 habits prescribed below are the best place to start. Scientific studies show that these have the biggest impact on your weight, your health, and your outlook.



1 Always eat breakfast—and make it healthy

- Eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores—and help you reach and keep a healthy weight.
- Aim for breakfasts that include 3 of the 5 main food groups. Try combos such as: (cereal + milk + juice) or (eggs + toast + milk) or (fruit + yogurt + bagel).

2 Eat more fruits and vegetables

- Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. Studies show that they're important for a healthy body weight, too.
 - Every day, aim to get 1 to 2 cups of fruit, and 1½ to 3 cups of vegetables.
- ### 3 Limit—or eliminate—sweetened drinks
- Studies suggest that America's weight problem is linked to America's "drinking problem"—that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
 - Aim for less than 12 ounces per week of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

ACTIVITY



4 Limit screen time (TV, video games, Internet)

- Research links TV to a wide range of negative health effects in children and teens—including obesity.
- Make a rule of no more than 1 to 2 hours a day in front of a TV or computer screen. (Children age 2 and under shouldn't be watching at all.)

5 Increase your physical activity

- Everyone needs regular physical activity—regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, less stress, and easier weight management.
- Aim for at least 60 minutes of physical activity every day. You can get most of this from daily playtime, walking or biking to school, or family activities. The rest can come from sports or other exercise.

SUPPORT



6 Eat meals together as a family—sitting down

- Many studies have shown that children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
- Aim to eat dinner together most nights of the week. Sit down at the table, turn the TV off, and enjoy!

7 Be positive about food

- Experts agree that how you think and talk about food and bodies can have a big impact on your health now—and in the future.
- Forget "forbidden foods"—all foods can fit in a balanced diet. Don't give food as a reward or withhold it as a punishment. Be food-friendly, not food-phobic.

8 Don't criticize about weight

- If you, your friends, or your family obsess about food or weight, you're more likely to have unhealthy behaviors—and an unhealthy body weight.
- Watch what you say. Don't criticize your own body—even as a joke. Don't compare your own weight, size, or shape to anyone else's. Being healthy means being positive.