1 2 3 4 5 FIT-TASTIC!

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

HEALTHY HABIT	BENEFITS	TIPS
1 HOUR OR MORE OF PHYSICAL ACTIVITY	Be active 60 minutes or more each day. Staying active can help you keep your energy up and reach or stay at a healthy weight.	• You don't have to get 60 minutes in all at once. Break it up into shorter chunks throughout the day. • Anything that makes you breathe harder and your heart beat faster is a good activity. • Plan active family time like going to the park or the zoo. • Be active with a friend.
2 HOURS MAXIMUM OF SCREEN TIME	Less time spent watching TV, playing video games or texting means more time being active. Keep screen time to less than two hours a day.	• Start by cutting out 15 minutes a day each week to get down to less than 2 hours. • Come up up with fun activities to do as a family instead of screen time. • Start a family game night or go to a nearby park or playground. • Make screen time a reward, not a daily routine.
3 SERVINGS OF LOW OR NONFAT MILK OR YOGURT	Drinking milk helps make bones and teeth strong. Serve low or nonfat milk or yogurt to have with meals. Include three servings each day.	• Serve milk to drink at each meal. • Keep milk ice cold. Kids are more likely to drink it. • Use nonfat fruit flavored yogurt as dip for fruit. • Make your own smoothies by blending your favorite frozen fruit with yogurt and nonfat milk. • Layer fruit and yogurt in a tall glass to make your own parfait! Top with a sprinkle of whole grain cereal.
4 SERVINGS OF WATER NOT SUGARY DRINKS	Water is best to keep your body running well and for when you are thirsty. Drink at least four glasses of water a day. Be sure to check the label on flavored waters. Many are full of added sugars.	• Serve water between meals instead of sugary drinks. • Fill reusable water bottles to bring in the car or on the go. • Drink a cup when you brush your teeth in the morning. • Keep a pitcher of water in the fridge. • Put in a slice of orange, lemon or lime to add flavor.
5 SERVINGS OR MORE OF FRUITS & VEGETABLES	Fresh, frozen or canned fruits and vegetables are full of important vitamins, minerals, water and fiber that help keep your body healthy! Be sure to include five or more servings each day.	• Keep fruits and vegetables in sight in the refrigerator or on the counter. • Plan your meals to include fruits and vegetables. Use them to fill half your plate. • Wash and cut fruits and vegetables ahead of time for a quick snack. • Keep canned, frozen, and dried fruit on hand.

FIT-TASTIC FEEDBACK FORM: CHECK IT OUT!

1. Physical activity: On a typical day, how many minutes do you (does your child) spend in active play/exercise (breathing harder or sweating)?
   ❑ Less than 15 min ❑ 15 min ❑ 30 min ❑ 45 min ❑ 60 min (1 hour) ❑ 90 min (1 ½ hours) or more
   ❑ None ❑ N/A

2. Screen time: On a typical day, how many hours are you (is your child) in front of a screen (TV, computer, video game, cell phone)?
   ❑ 1 hour or less ❑ 1.5 hours ❑ 2 hours ❑ 2.5 hours ❑ 3 hours ❑ 3.5 hours
   ❑ 4 hours ❑ 4.5 hours ❑ 5 or more hours ❑ None ❑ N/A

3. Milk and yogurt: On a typical day, how many times do you (does your child) drink milk (check one)?
   ❑ Once/day or less (1 cup or less) ❑ Twice/day (2 cups) ❑ Three times/day (3 cups)
   ❑ Many times/day (4 cups or more) ❑ None ❑ N/A

   A. What type of milk does your child drink? (check all that apply)
   ❑ Nonfat (skim) ❑ Low fat (1%) ❑ Reduced fat (2%) ❑ Whole
   ❑ Goat's milk ❑ Rice or almond milk ❑ Soy milk ❑ Other: _____

4. Water and beverages: On a typical day, how many times do you (does your child) drink plain water (check one)?
   ❑ Once/day or less (1 cup or less) ❑ Twice/day (2 cups) ❑ Three times/day (3 cups)
   ❑ Many times/day (4 cups or more) ❑ None ❑ N/A

   A. What other beverages do you (does your child) drink in a typical day? Check all that apply:
   ❑ Juice (100%)
   ❑ Soda, fruitade or sports drink (such as Kool-aid™, Capri Sun™, Sunny Delight™, Gatorade™, PowerAde™, sweetened tea)
   ❑ Diet pop/soda or unsweetened coffee/tea
   ❑ Other: _____

   B. On a typical day, how many times do you (does your child) drink sodas, fruitades or sports drinks (check one)?
   ❑ Once/day or less (1 cup or less) ❑ Twice/day (2 cups) ❑ Three times/day (3 cups)
   ❑ Many times/day (4 cups or more) ❑ None ❑ N/A

5. Fruits and vegetables: On a typical day, how many times do you (does your child) usually eat fruits or vegetables?
   ❑ 1 or less ❑ 2 ❑ 3 ❑ 4 ❑ 5 or more ❑ None ❑ N/A

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