

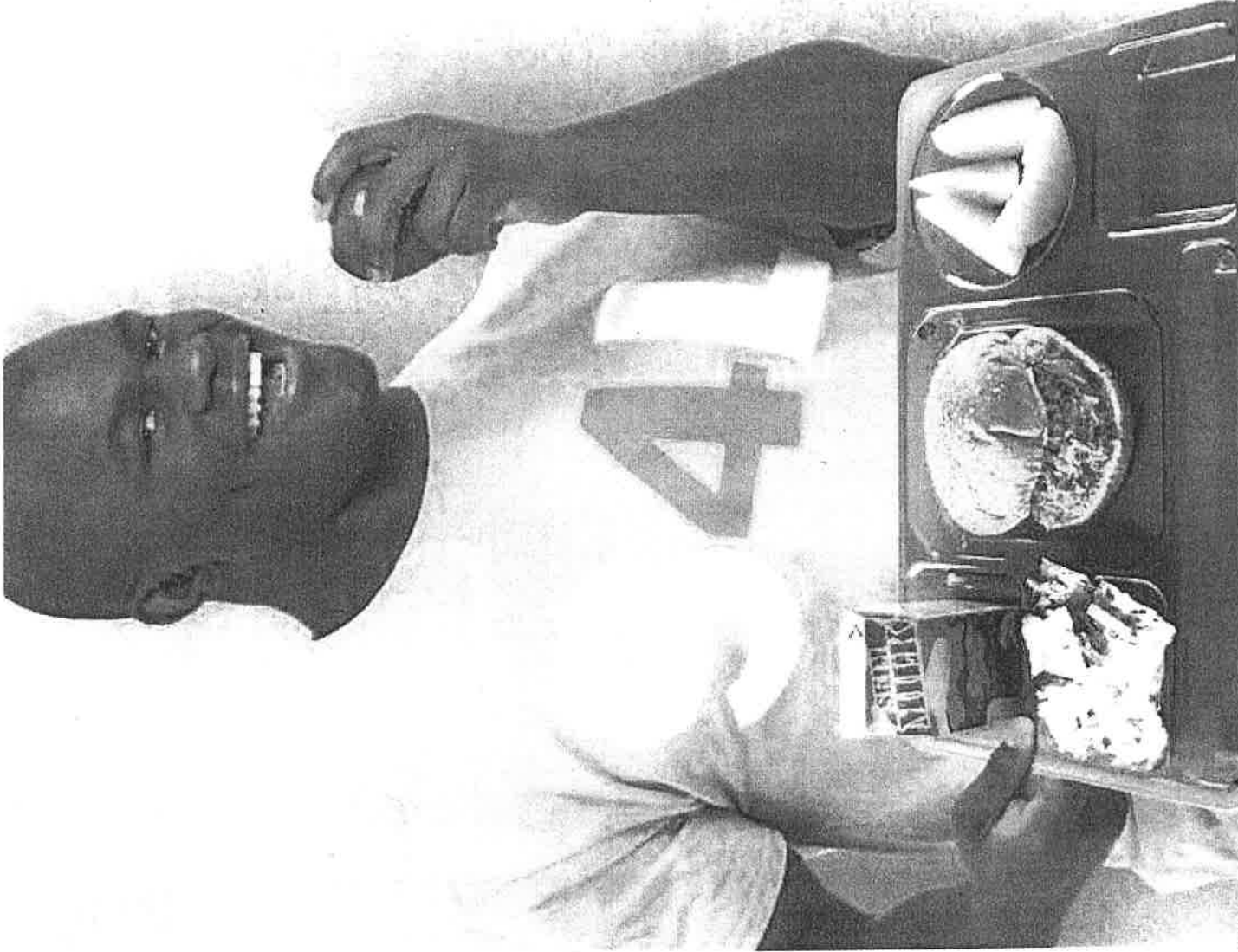


Children's
Healthcare of Atlanta

4TH FLOOR

**Smart foods
help your
body and
mind grow
strong.**

BE STRONG 4 LIFE





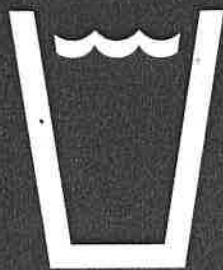
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Healthy Choices for Healthy Kids



Make *half* your plate
veggies & fruits

Be active



Drink more water
& limit sugary drinks

Limit
screen time



Bring Healthy Habits Home!

A habit is something you do over and over again, sometimes without even thinking about it. Healthy habits keep you and your family feeling good—now and in the future!

Here are some ways to help your family use the Strong4LifeSM Healthy Habits:

Get Your Whole Family to Join In – Set goals, like eating right or moving more, with your whole family. Then, work on them together to help everybody get healthier, faster!

Be Their Healthy Hero – Kids love to copy adults! Show them just how important healthy habits are by using them yourself. Nobody's perfect, but try to make healthy choices whenever you can.

Make One Small Change at a Time – The best way to make big changes with your family is to make one smaller change at a time. It's a lot easier and more likely to work than trying to change everything at once.

Ask for Help – Start by visiting Strong4Life.com/getstarted. We give you easy ideas you can use right away.

Ready, Set, Go! – Ready to set your first goal? Explain the idea of goals to your family. Pick a goal that works for everyone in the family (like drinking water or 1% (low-fat) or fat-free milk instead of sugary drinks)—then, go for it! Tip: write down the goal and tape it to the fridge as a reminder.

Use these ideas to make your family's habits healthier:



Make half your plate veggies and fruits

- Try to include several different colors.
- Make sure to eat breakfast every day.
- Eat meals together as a family.



Be active

- Try to be active for at least 60 minutes during the day (it doesn't have to be all at once!).
- Remind kids to go outside and play as often as you can.
- Take a family walk around the neighborhood or play at a park.
- Play sports, dance, play tag...the choice is yours, just have fun!



Drink more water and limit sugary drinks

- Carry a water bottle with you.
- Drink water or 1% (low-fat) or fat-free milk at meal and snack time.
- Choose water (instead of sports drinks or soda) at sports activities and playtime.



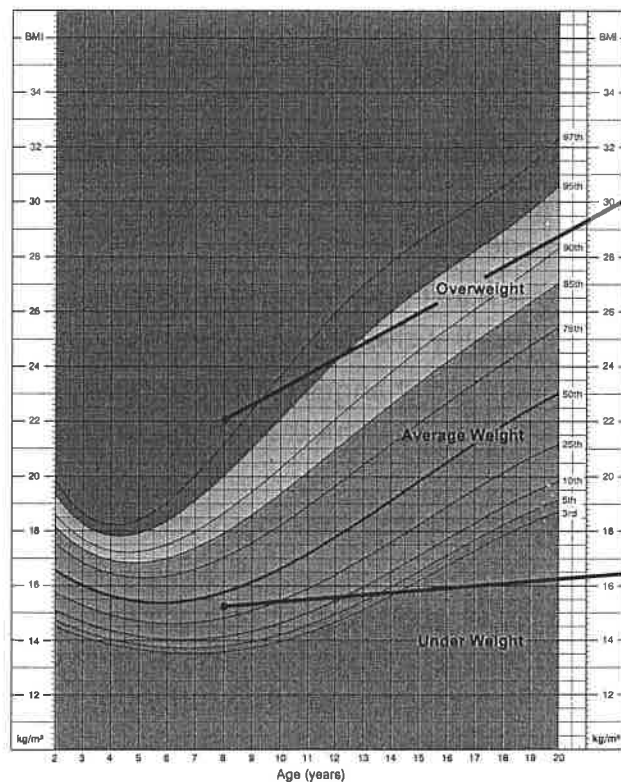
Limit screen time

- After 30 minutes of screen time (phones, computers, TV), get 30 minutes of activity.
- Turn TV and video games off and play!

Is Your Student's Weight Healthy?



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8 years old
102 pounds; 4 feet, 9 inches

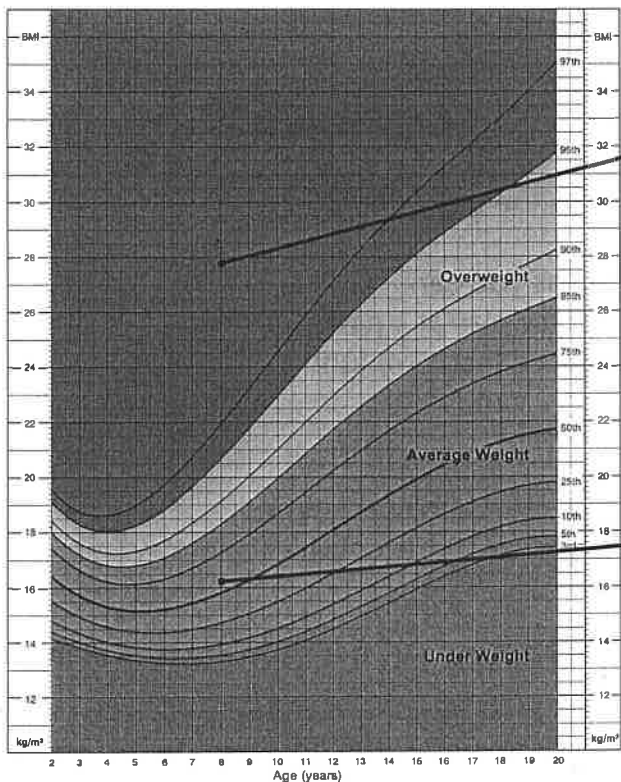
BMI and weight in the
unhealthy red zone



8 years old
70 pounds; 4 feet, 9 inches

BMI and weight in the
healthy green zone

Body Mass Index (BMI) Chart



8 years old
103 pounds; 4 feet, 3 inches

BMI and weight in the
unhealthy red zone



8 years old
60 pounds; 4 feet, 3 inches

BMI and weight in the
healthy green zone

Published May 20, 2000.
SOURCE: Developed by the National Center for Health Statistics in collaboration with
the National Center for Chronic Disease Prevention and Health Promotion (2000).





NAME: _____

DATE: _____

Healthy Habits Assessment

Circle the answer that best describes your family's average eating and activity habits.

My child eats veggies and fruits:

0-1 times
a day

1-2 times
a day

3-4 times
a day

More than 4
times a day

My child eats out:

More than 4
times a week

3-4 times
a week

1-2 times
a week

0-1 times
a week

My child is active:

Not very often

Less than 30
minutes a day

30-60 minutes
a day

More than 60
minutes a day

My child has sweet drinks (cola, sweet tea, sports drinks, fruit drinks, other juice drinks):

More than 3 cups a day

2 cups a day

1 cup a day

Not very often

My child has 100% fruit juice:

More than 3 cups a day

2 cups a day

1 cup a day

Not very often

My child watches television, spends time on the computer or plays video games:

More than 2
hours a day

1-2 hours
a day

30-60 minutes
a day

Not very often

Have you thought about trying a new healthy habit for your child?

Not at all

Just thinking
about it

I've tried to make
healthy changes

I've been making
healthy changes

If you could work on one Healthy Habit, which would it be?

- Fill half your plate with veggies and fruits
- Limit screen time

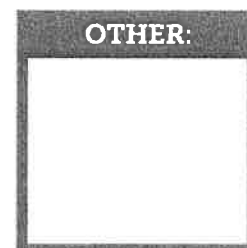
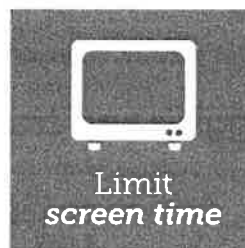
- Be active
- Drink more water and limit sugary drinks



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Goal Sheet

My Child's Healthy Habit Goal: *(circle one)*



How will you work with your child on his goal? *(e.g., He will ride his bike.)*

When will you work with your child on his goal? *(e.g., After school.)*

How often will you work with your child on his goal? *(e.g., 20 minutes, 3 days a week.)*

Who can support your child? *(e.g., Me, his grandmother, etc.)*

When will you start working on your child's goal? *(e.g., Today, when I go to the grocery store, etc.)*

Strong4Life.com