



Healthy Habits for a Healthy Weight

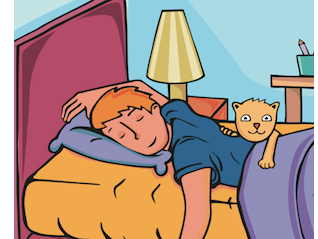
Staying healthy is all about healthy habits, especially when it comes to weight. These simple habits can make all the difference:

Get Enough Sleep

This is really important! The amount of sleep a child needs depends on his or her age:

- *<5 years old: 11-14 hours*
- *5-12 years old: 10-11 hours*
- *Teens: 8.5-9.5 hours*

A regular bedtime schedule and routine can help.



Limit Screen Time to Less Than 2 Hours a Day

That includes TV, videos, computers, video games, and handheld devices (it doesn't include time spent doing homework on the computer.)



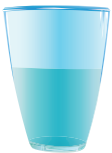
Get at least 1 hour of physical activity every day that gets your heart beating faster.

If an hour feels like a lot, start with less and build up.



Drink water. Have 0 drink sugary drinks.

Have water when thirsty, with meals or any time!



***Work together, pick a goal, offer encouragement.
You can do it!***

For more resources and information on healthy living, visit the Healthy Lifestyle Links page on our website:
www.bostonchildrens.org/primarycarelongwood



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