



Healthy Lifestyle

A HEALTHY LIFESTYLE is the way a person lives to help keep his or her mind and body free from illness and harm.

Activity 1

Teach your child that a **HEALTHY LIFESTYLE** is the way a person lives to help keep his or her mind and body free from illness and harm. Create a chart with your child with “Dos” and “Don’ts” to build healthy habits. (Example: DO eat healthy foods, brush your teeth regularly, exercise, get enough sleep, and drink plenty of water. DON’T eat too much sugar, forget to wash your hands, be a “couch potato”, stay up late every night, smoke or take drugs.) Discuss the advantages and disadvantages of each behavior and encourage your child to develop habits that will protect and strengthen his or her health.

Activity 2

Ask your child what would happen if someone filled the gas tank of a car with milk instead of gasoline. (The car would not run.) Discuss the problems that could be caused by putting the wrong fuel into the tank. (Could damage the engine.) Explain that food is fuel for human bodies. Choosing the right amounts of healthy foods can power the body and protect it from damage. Plan a menu together that provides the proper balance of tasty vegetables, fruits, grains, meats, and dairy products to help your family get the proper fuel. Include a list of healthy snacks such as fruit, nuts, and raw vegetables.

Activity 3

Teach your child that being physically fit keeps muscles and organs (like the heart and lungs) healthy and working at tip-top performance. Explain that scientists have determined that in addition to making people feel better, exercise also improves brainpower and increases immunity from illness. Work together to plan an exercise routine for your family that is both fun and beneficial. Choose heart-pumping activities such as running, swimming, dancing, or jump rope. Have fun throwing the football, riding bikes, or taking long walks together.

Activity 4

Ask your child the following riddle: *What is wet, drops out of the sky and makes up more than half of your body weight?* (Answer: Water) Explain that without water, his or her body would not work properly. Water carries oxygen to the cells, rehydrates, and provides energy. Teach your child that soda pop or drinks with caffeine are not good sources for water, because they contain lots of sugar or harmful chemicals. Does all this talk about water make you a little thirsty? Have a refreshing glass of water together!

Activity 5

Teach your child that most living creatures need sleep. Tell your child that brown bats sleep almost 20 hours every day, a squirrel sleeps about 16 hours a day, and a giraffe takes short naps that add up to less than two hours each day. Explain that most human children need between 10 and 11 hours of sleep every day to be at their best. Tell your child that in addition to giving his or her body a rest, sleep also helps the brain. Help your child “Choose to Snooze” by creating a bedtime routine that is relaxing, safe, and comfortable.