

Ways to a healthy lifestyle



These tips will help your kids and family to live a healthier lifestyle and maintain a healthy weight

One in five kids in NSW are not within a healthy weight range. Poor diet and a lack of physical activity are often the main causes of weight gain in kids. Kids above a healthy weight are more likely to:



have asthma



have tummy and digestive problems



have bone and joint problems



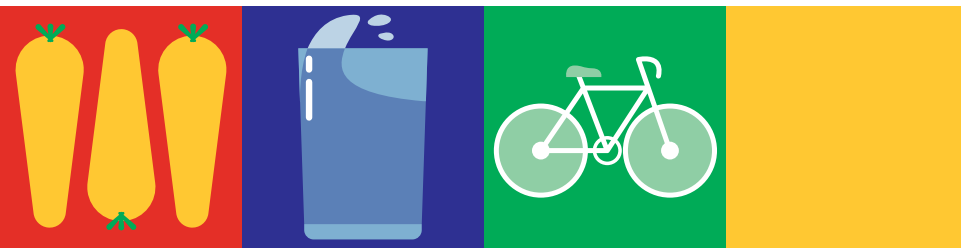
have interrupted sleep



be above a healthy weight as adults



have long-term health issues when older



Ways to live a healthier lifestyle

Get active each day

Daily physical activity is important for kids' growth, development and wellbeing. Kids should do lots of different physical activities, including:

- activities that make kids 'huff and puff'
- activities that make them strong, like climbing, jumping or running

Did you know?

Only one in four kids in NSW are active enough and nearly half of kids spend more than two hours a day on screens.



Eat more fruit and vegetables

Eating fruit and vegetables every day helps kids to:

- grow and develop properly
- have more energy
- keep a healthy weight
- reduce their risk of long-term health problems

Quick tip:

Eat different fruit and vegetables every day. Fruit and vegetables have many different vitamins, minerals and dietary fibre to help kids to stay healthy.



Choose water as a drink



Choosing water as a drink is one of the best ways to keep a healthy weight and for promoting overall health because:

- it doesn't have any sugar or sweeteners
- it supports healthy teeth, skin and bones
- our bodies need water to work properly

Switch off the screen and get active

Watching screens can be useful for learning and entertainment. However, too much screen time isn't good for kids as it can lead to weight gain and other health issues.

Balance screen time with other fun activities that promote health and new skills by:

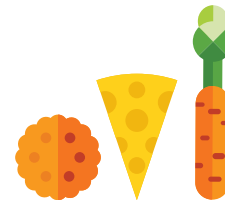
- taking books and toys with you when going out, instead of screens
- making a list of your kids' favourite activities and using this when you need ideas

Choose healthy snacks

Healthy snacks can have lots of nutrients that help the body grow and work properly. However, snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – can cause kids to put on extra weight.

To keep healthy, choose snacks based on:

- fruit and vegetables
- reduced fat dairy products
- wholegrains



Ways to encourage healthier habits

- ✓ Come up with fun, 'active' rewards, such as going for a swim or to the park
- ✓ Avoid using unhealthy foods as 'treats' for good behaviour
- ✓ Keep healthy ready-to-eat snacks in the house so they can be the first choice when kids get hungry
- ✓ Spend time being active as a family – go for a walk or play football together

Quick tip:

Be a good role model for your kids and keep up your own healthy habits!

