

HealthyCounts

A health routine kids can count on.

<p>8</p>  <p>More than eight hours of sleep a night</p>	<p>7</p>  <p>Breakfasts a week</p>	<p>6</p>  <p>Home-cooked meals a week</p>
<p>5</p>  <p>Servings of fruits and vegetables a day</p>	<p>4</p>  <p>Positive self messages a day</p>	<p>3</p>  <p>Servings of low-fat dairy a day</p>
<p>2</p>  <p>Hours or less of screen time a day</p>	<p>1</p>  <p>Hour or more of physical activity a day</p>	<p>0</p>  <p>Sugary drinks a day</p>

Counting may be one of the best ways to help a child get in shape. HealthyCounts is a simple, step-by-step routine kids can follow—one that could add up to a lifetime of better health.



helendevoschildrens.org/healthycounts