

# HealthyCounts

A health routine kids can count on.

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

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](http://helendevoschildrens.org/healthycounts)