

WHAT IS A HEALTHY LIFESTYLE FOR YOU AND YOUR KIDS?

Eating Habits

Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets.



For more affordable organic food, check out the Supplemental Nutrition Assistance Program (SNAP)

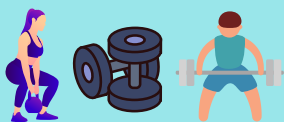
PRO-TIP !

Eat together as a family to enforce healthy eating!

Fitness Habits



Muscle Strengthening activities should be done at least 2x a week in addition to aerobic exercises the other days!



60 minutes of exercise everyday is ideal for your high school-aged children!

Exercising can affect your child's behavior in school

Daily physical activity can improve academic performance and can lead to more attentive behavior and concentration

PRO-TIP !

Family or dog walks are a great way to keep up with exercise and also make it fun!



The optimal diet is a balanced mix of different food groups



Protein: 5-7 ounces

Grains: 6-10 ounces

Vegetables: 2.5-4 cups

Fruits: 1.5-2.5 cups

Dairy: 3 cups



Eating Habits During COVID-19

A proper diet can ensure that the body is in the best condition to fight the virus.

Eat at home to avoid contact with other people and limit exposure to COVID-19



Make sure you can taste and smell each meal. Loss of taste is a common symptom of COVID-19.

PRO-TIP !

Vitamin C is one of the best ways to improve the immune system



Fitness Habits During COVID-19

The COVID-19 pandemic can elevate your stress and harm your mental health. Physical activity and exercise can maintain mental health during this stressful time.

ideas: utilize free resources like workout classes on youtube or social media trainers

PRO-TIP !

Dedicate a time during the day to work out and try to keep it consistent every day so it becomes routine!



Resources

Food and Food Assistance During COVID-19

<https://covid19.ca.gov/food-resources/#families-with-school-aged-children>

Nutrition Suggestions by USDA

<https://www.nutrition.gov/topics/nutrition-age/teens/parents-caregivers-and-teachers>

Fitness Suggestions by USDA

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity>