

Making Healthy Choices as You Grow

RAISING HEALTHY KIDS GROWTH CHART

EATING TIPS:

Eat together as often as you can. Choose bright coloured vegetables and fruits. **Try a new healthy food.**
 Eat a salad every day. **Demonstrate healthy eating habits.**
 Choose low-fat milk products.

"To eat is a necessity, but to eat intelligently is an art."

~ La Rochefoucauld



Use vegetable oils such as canola, olive and soybean.
Eat a variety of foods. Drink enough water (8 to 10 glasses) every day. Eat whole grains.
Munch on healthy snacks, like raw vegetables.

Shop together (or make your shopping list together).
Choose more fresh vegetables and fruits to eat.
 Cut down on the amount of junk food in your home.

DON'T FORGET MILK PRODUCTS!

Every day, have: 2 servings for children ages 2 to 8.
 3-4 servings for youth ages 9 to 18.
 2-3 servings for adults (2 servings for adults 19-50 and 3 servings for adults 51+).

Make grocery shopping an adventure.
 Buy whole wheat bread and pasta. **Serve smaller portions.**
 Choose healthy meals when you eat out.
Laugh when you eat together. Visit your local market.

NAME:

DATE:

HEIGHT:

NAME:	DATE:	HEIGHT:

TALK TO YOUR KIDS. ASK YOURSELF AND ASK YOUR KIDS.

If you had more time for physical activity, what would you do? Why? Make a plan together on how you might fit the activity into your schedule this week.

When you are too busy what short cuts do you take when choosing healthy foods? Plan together – shop for and cook a healthy meal together. Then eat together and enjoy the conversation.

Which games and activities do we do most often as a family? Talk about which activities you could spend more time doing together, then pick a date and time to make it happen.

How would you describe your current eating choices? Why? Discuss ideas on how to improve your current eating choices. Choose one idea, and do it.

FITNESS TIPS:

Find a physical activity that you like – and do it. **Get active every day.**
 Walk whenever you can. **Turn on the music and dance.**
 Go outside and move. **Improve your flexibility by stretching.**
 Go for a bike ride. **Tell jokes as you do jumping jacks.**
 Get off the couch and be active during TV commercials.

"Those who do not find time for exercise will have to find time for illness."

~ Edward Stanley, the Earl of Derby

DID YOU KNOW?

More than half of Canadian children are not active enough to grow up healthy and to their full potential.
 Canadian girls are less active than boys.

Aim for 10 minutes of heart-pumping exercise at a time.
 Take a hike and explore the parks in your community.
Make snow angels or build snow forts in winter.
 Take a fitness class at your local YMCA. **Stretch.**

Go for a walk together after dinner. **Take the stairs whenever you can.** Fly a kite together. **Swim at your local YMCA pool.** Skate. Bike. Bowl. Jump rope. **Try a new physical activity.**
 Go rock climbing. Take a yoga class. **Smile and laugh together – it's good for the soul.** Breathe deeply and relax.

Health Canada recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes for children and youth.

We build strong kids, strong families, strong communities.



Plus de vie à la vie des jeunes, des familles et de la communauté.

YMCA

