

# Healthy Living Tips for You and Your Child

## Eat Right

There are many ways to assure that you have a healthy diet. One is to get enough fruit and vegetables each day. A growing body of research shows that fruits and vegetables are critical to promoting good health.

### Action steps:

- Keep a bowl of fresh fruit on your kitchen counter.
- Place a box of raisins in your child's backpack and in your briefcase.
- Add strawberries, blueberries or bananas to your cereal, oatmeal, or toast.

## Engage in Physical Activity

Being active helps control your weight, strengthen your bones and muscles, improve your mental health and mood, and reduces your risk of many life-threatening diseases.

### Action steps:

- Encourage your children to be active for at least one hour a day.
- Set a positive example by leading an active lifestyle yourself.
- Take family walks or play active games together.

## Take Care of Your Teeth

Untreated cavities can cause pain, inability to eat comfortably or chew well, and embarrassment at discolored and damaged teeth.

### Action steps:

- Use fluoride toothpaste.
- Drink fluoridated water when available.
- Schedule oral health examinations for yourself and your child as recommended by your dentist.

## Avoid Tobacco Use

Avoiding all forms of tobacco will reduce the chance that your children will grow up using tobacco themselves. Cigarettes, cigars, and spit tobacco—as well as the chemicals found in secondhand smoke—hurt your health and are known to cause cancer.

### Action steps:

- Don't allow smoking in your home or car.
- Talk to your kids about avoiding tobacco use.

