Healthy Habits for a Healthy Weight

Staying healthy is all about healthy habits, especially when it comes to weight. These simple habits can make all the difference:

**Get Enough Sleep**

This is really important! The amount of sleep a child needs depends on his or her age:

- <5 years old: 11-14 hours
- 5-12 years old: 10-11 hours
- Teens: 8.5-9.5 hours

A regular bedtime schedule and routine can help.

**Limit Screen Time to Less Than 2 Hours a Day**

That includes TV, videos, computers, video games, and handheld devices (it doesn’t include time spent doing homework on the computer.)

**Get at least 1 hour of physical activity every day that gets your heart beating faster.**

If an hour feels like a lot, start with less and build up.

**Drink water. Have 0 drink sugary drinks.**

Have water when thirsty, with meals or any time!

*Work together, pick a goal, offer encouragement. You can do it!*

For more resources and information on healthy living, visit the Healthy Lifestyle Links page on our website: www.bostonchildrens.org/primarycarelongwood

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