

Eat Well & Keep Moving

Principles of Healthy Living



Make the switch from sugary drinks to water.

Student message: Drink water!

Choose colorful fruits and vegetables instead of junk food.

Student message: Choose fruits and veggies instead of junk food—go for color!

Choose whole-grain foods and limit foods with added sugar.

Student message: Get whole grains and sack the sugar!

Choose foods with healthy fat, limit foods with saturated fat, and avoid foods with trans fat.

Student message: Keep the fat healthy!

Eat a nutritious breakfast every morning.

Student message: Start smart with breakfast!

Be physically active every day for at least an hour.

Student message: Keep moving!

Limit television and other recreational screen time to 2 hours or less per day.

Student message: Freeze the screen!

Get enough sleep to give the brain and body the rest they need.

Student message: Sleep well!

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).