Limit — or Eliminate — Sweetened Drinks

- Studies suggest that America’s weight problem is linked to America’s “drinking problem” — that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
- Aim for less than 12 ounces per week of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

Eat Meals Together as a Family — Sitting Down

- Children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
- Aim to eat dinner together most nights of the week. Sit down at the table, turn the screens off, and talk!

Get Enough Sleep

- Getting enough sleep will help you think better, play better, be happier, and manage your weight.
- Preschoolers need about 11 hours (including naps), children need about 10 hours, teens need about 9 hours, and adults need about 7 hours — every single night.

Be Positive About Food and Body Image

- If you, your friends, or your family obsess about food or body image, you’re more likely to have unhealthy behaviors and an unhealthy body weight.
- Forget “forbidden foods” — all foods can fit in a balanced diet. Just try to eat more healthy foods and less junk food.
- Watch what you say. Don’t criticize your own body — even as a joke. Don’t compare your own weight, size, or shape to anyone else’s. Being healthy means being positive.
Making a Healthy Change

There are lots of ways to make a healthy change. You can experiment to find out what way works best for you. First, choose something you want to change — pick something you can get excited about! Then use the questions below to make a plan. Try out your plan for a few weeks and see how it goes. You’ll probably need to tweak your plan a few times to get it just right. That’s what happens in experiments!

Be sure to share your plan with your healthcare providers so they can help.

This change is for (name): ___________________ Age: ______ Date: __________

MY PLAN

**MY OVERALL GOAL** (for example, you could choose one of the 8 habits from the *Habit Builder* on the other side of this page.):

_____________________________________________________________________

**STEPS TO HELP GET THERE:**

What action do you want to do? _________________________________________

What small steps could help you do this? _________________________________

What could make this easier?

What could change about the places where you live, learn, work, or play?

What tools or resources could help? ______________________________________

Who could help you or do this with you? _________________________________

What might make this harder? _________________________________________

When will you do this? ________________________

How often? ________________________

How will you make time for this? ______________________________________

What will remind you to do this? ______________________________________

How will you keep track of what you do? _________________________________

When will you review how it’s going? _________________________________

As you experiment, you’ll learn a lot about what works for you. Sometimes you’ll feel excited about your plan. Sometimes you’ll lose focus and have to get yourself going again. As long as you don’t give up, there’s NO failure. You’ll become your own best expert on how to make healthy changes.