

# Health Fits into Every **HEALTHY** DAY

# GO

Start with a healthy breakfast **EVERY DAY**  
Get tips at:  
[http://go.uth.edu/CATCH\\_Bfast](http://go.uth.edu/CATCH_Bfast)



Start the day with **15 minutes** of activity by walking or biking to school



**60 minutes** of activity **every day** is essential for your kids to grow and learn!

Learn more about how to encourage activity at school to get your 60 minutes in every day at:  
[http://go.uth.edu/CATCH\\_PA](http://go.uth.edu/CATCH_PA)



**30 minutes**



Make sure to **coach** your kids to drink **water** when being active

**5 - 10 minute** classroom activity breaks allow your kids to stay active while learning



Ex: "Toe Touches" break up the day

Ex. Jumping jacks can replace head nodding responses

Soccer is an easy way to get your kicks in for the day!

It's important for your kids to engage in **60 minutes** of physical activity per day.

Increasing healthy habits can be **FUN** for the whole family! Lead the way! Be a role model!

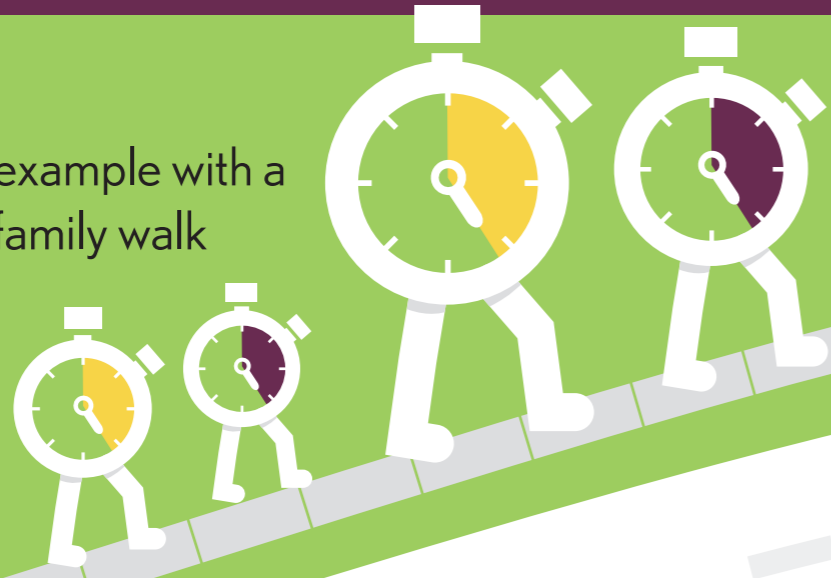
Learn more about how to keep your family hydrated at:  
[http://go.uth.edu/CATCH\\_H2O](http://go.uth.edu/CATCH_H2O)



**Replace** sugary drinks with **water!**

**CATCH** up with your kids while playing catch

Set a **GREAT** example with a **20 minute** family walk



Dance your heart out to get a good work out!

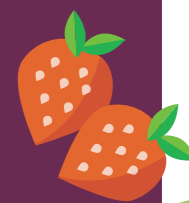


Pediatricians suggest to limit screen time to no more than **2 hours**

**2** hours **ONLY**

Stick to **GO** food snacks if your kids need something before dinner

Learn more at:  
[http://go.uth.edu/CATCH\\_Snack](http://go.uth.edu/CATCH_Snack)



After an active day, get **8 to 10 hours** of sleep to recharge.



For more information, please visit  
[www.catchinfo.org](http://www.catchinfo.org)

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