

5 Ways to Grow Healthy

5

Sleep at least **11 hours per day** (2-5 years old).
Sleep at least **10 hours per day** (6-12 years old).



4

Replace sugary, salty, fried, and fast food with **fruits and vegetables.**



2

Watch no more than **2 hours of screen time per day** (includes TV, smartphones, and hand-held video games).



3

Get at least **1 hour of physical activity** (including active play) per day.



1

Switch from **sugary drinks** (like soda, sports, and fruit drinks) to **water.**

