Encourage your 4th grader to...

**STAY HYDRATED**
Encourage 6-7 cups of no/low sugar beverages everyday
- Drink a glass of water when they wake up in the morning
- Carry a reusable water bottle
- Drink water and/or milk* with every meal
*unsweetened dairy or non-dairy

**SLEEP**
Encourage at least 10 hours of sleep everyday
- Go to sleep at about the same time every night
- Turn off electronics
- Avoid caffeinated drinks

**REDUCE SUGAR INTAKE**
Encourage less than 25 grams of added sugar everyday
- Limit “healthy” drinks that have added sugar such as chocolate milk or juice
- Eliminate low nutrient/high sugar drinks such as soda and sports drinks
- Check nutrient labels and choose options with less to no added sugars
- Avoid foods with ingredients that end in “ose” (glucose, fructose, dextrose, maltose)

**STAY ACTIVE**
Encourage movement for at least 60 minutes each day
- Make activities part of their/your family’s regular routine
- Encourage a fun 2-3 minute high energy activity before do their homework

**REDUCE SCREEN TIME**
Keep non-educational screen time (TV, laptop, ipad, etc) to less than 2 hours a day
- Replace at least one of their favorite episodes with a fun physical activity
- Replace screen time with active chores such as cleaning, gardening, caring for pets
EAT < 25 grams of added sugar

SLEEP 10 hours

MOVE 60 minutes

DRINK 6-7 cups of no/low sugar beverages

WATCH < 2 hours of screen time