As parents, we can help our children make powerful choices.
Eat healthy and be physically active, *together*.

Eat Smart Play Hard Power Panther™

Eat Smart. Play Hard.™

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STEPS TO A HEALTHIER YOU

Teach them healthy habits. It's a gift they will use for life!

As a mom, one of the best gifts I can give my kids is to help them develop healthy habits. One way I do this is to get my kids to help with meals. We have fun planning and fixing meals together. Kids have great ideas and want to try the new foods we prepare together!

We go for walks after dinner at least three times a week. My kids also choose physical activities for us to do together, like riding bikes and playing soccer.

Try these healthy habits that work for me:

- Eat and prepare foods together as often as possible.
- Let kids help pick foods, plan meals and snacks, and fix meals.
- Make eating more fruits and vegetables a game. Share results at dinner.
- Add a new whole grain food to your meals each week. Take turns finding one.
- Plan to have fun together by going bicycling, jumping rope and dancing.

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