

# 10 Healthy Habits for Kids



Be Active



Limit Screen Use



Prioritize Sleep



Read Daily



✓ Yes to Water  
⊘ No to soda



Eat lots of  
veggies/fruits



Take daily walks



Limit highly  
processed  
foods/drinks



Practice having a  
growth Mindset



Practice good oral  
hygiene

# Smart Ways To Stay Young And Healthy

**Sam Pitt**



## **Smart Ways To Stay Young And Healthy:**

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Smart Ways To Stay Young And Healthy** . In a downloadable PDF format ( Download in PDF: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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