

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

Daniela Niemeyer



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