# Healthy Habits for Kids







Limit Screen Use

Prioritize Sleep



Read Daily



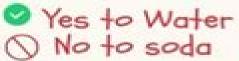




Take daily walks



Limit highly processed foodsdrinks





Practice having a growth Mindset



Practice good oral hygiene

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

**Bradley Gascoigne** 

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