

Take Action for Fit Kids!

HOME

Parents, guardians and other family members are the main caregivers and teachers of children. They should make healthy eating and physical activity a routine part of their children's lives. School-age children need to be physically active at least 60 minutes each day.



Provide a home environment that supports physical activity:

- Be active with your child. Children who see their family members enjoying sports and physical activity are more likely to enjoy being physically active.
- Ensure that children and adolescents play outside almost every day.
- Provide the support needed for children to participate in physical activity programs that are age appropriate and that they enjoy.
- Limit recreational screen time (computers, tablets, video games, TV, cell phones) to two hours a day.

Provide a home environment that supports healthy eating:

- Plan, cook and enjoy family meals together, serving plenty of vegetables, fruits, whole-grains, lean meats, fish, lentils, and beans.
- Limit sugar, especially sugar-sweetened beverages. Offer water, low-fat milk or 100% fruit juice instead of juice drinks, sports drinks or soda;
- Teach your child where healthy foods come from and how to read food labels.
- Visit a local farmers market, farm or garden to learn where food comes from: gis.dhec.sc.gov/farmersMarkets.
- Learn to cook healthy and invite your child to cook with you.