

# Help Your Kids Stay at a Healthy Weight

Helping kids build healthy habits can reduce risks of health problems (like diabetes, heart issues, sleep problems) and support lifelong well-being.

- Eat more wholesome foods (fruits, vegetables, whole grains, lean proteins).
- Be active every day — aim for around 60 minutes of play or movement.
- Limit screen time and encourage sleep — these support healthy growth.
- Be a role model: parents eating well and being active help children adopt those behaviors.
- Work with a doctor: check growth and weight, and talk about healthy weight programs or help if needed.

## Use QR Code to View Reference



<https://odphp.health.gov/myhealthfinder/health-conditions/obesity/help-your-child-stay-healthy-weight>

