

## Keep kids on track with their health.

### Eat smart.

Have them choose whole grains — such as brown rice, whole-wheat breads, or popcorn. And add plenty of fresh fruits, veggies, and protein. Try to limit fast food, processed snacks and sugary drinks/desserts.

### Get plenty of sleep.

Kids ages 6–12 need 9–12 hours of sleep each night, while teens ages 13–18 need 8–10 hours.

### Move more.

Aim for one hour or more of moderate or intense exercise every day. Anything that gets their heart pumping.

Source: Centers for Disease Control and Prevention

## Looking for more ways to help kids build healthy habits?

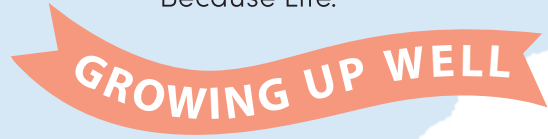
Check your plan for more info on wellness services we offer for kids. Preventive visits — like yearly checkups with an in-network pediatrician — may be covered at no cost to you.\* You may also have access to other resources, like nutritional counseling and diabetes management.

\* Grandfathered health plans may charge cost sharing for preventive services, even when received from a network provider.



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# A guide to healthy family habits.



In today's busy world, prioritizing our family's health can feel overwhelming. This brochure is designed to make healthy living simple.

## Get kids moving for better health.

Regular exercise helps kids sleep better, improves focus, and lowers the risk of anxiety and depression. It also helps to prevent chronic diseases like asthma and diabetes.

There are a few different types of exercise. Try to incorporate a mix of all three regularly:

### Aerobic

- Running
- Walking
- Swimming
- Biking

### Muscle-strengthening

- Climbing
- Swinging
- Gymnastics
- Tug of war

### Bone-strengthening

- Hopscotch
- Jump rope
- Tennis
- Basketball

## Why cutting back on screen time is key.

Limiting screen time gives kids more hours to play and be active. But the perks don't stop there. Less time on a device is also associated with:

- Better sleep.
- Healthier body weight.
- Higher grades in school.
- Improved mental health.

To help kids achieve these healthy outcomes, make sure to cap screen time at two hours per day.

Source: Centers for Disease Control and Prevention



# Portion Control

## tips:

Use these easy tricks to stay on track with serving sizes.



### At mealtime

- Fill half your plate with colorful fruits and veggies.
- Try eating slowly so it's easier to tell when you're full.
- Use a smaller plate so your servings look larger.

### At snacktime

- Plan your snacktime to avoid mindless grazing.
- Choose high-protein or high-fiber foods like nuts, hummus, fresh fruit, or popcorn.
- Pre-portion your servings instead of eating straight from the package.

Source: [www.myplate.gov](http://www.myplate.gov)



# Eat better together.

Here are some nutrition goals both kids and adults should aim for:

### Fill half your plate with fruit and vegetables.

- Choose fresh, frozen, canned, or dried fruits. If packaged, check the nutrition facts to make sure there's no added sugar.
- Go for whole fruits instead of fruit juice.
- Vary veggies to include green, red, and orange choices.

### Choose whole grains over refined flours.

- Try oatmeal, popcorn, brown rice, or whole-wheat bread.

### Switch to lighter dairy.

- Choose low-fat or fat-free milk, cheese, and yogurt.

### Mix up your protein.

- Try seafood/fish, beans, nuts, seeds, soy, eggs, lean meats, and poultry.
- Aim for a few meatless nights per week. Choose plant-based protein or seafood/fish instead.

## Serving size cheat sheet

Here's one serving size of these common foods:

### Grains

- 1/2 bagel or English muffin
- 1/2 cup cooked rice, pasta, or oatmeal
- 1 cup dry cereal
- 1 waffle, pancake, or slice of bread

### Vegetables

- 2 cups raw, leafy greens
- 1 cup chopped fresh vegetables
- 1/2 cup cooked or canned vegetables
- 3/4 cup 100% vegetable juice

### Fruits

- 1 medium piece of fresh fruit (about the size of a tennis ball)
- 1/2 cup chopped fruit (canned, cooked, or raw)
- 1 cup 100% fruit juice
- 1/2 cup dried fruit

### Dairy

- 1 cup milk or yogurt

- 1 ½ oz. cheese (around the size of four stacked dice)

### Protein

- 2 tablespoons peanut butter (roughly the size of a pingpong ball)
- 1/4 cup nuts
- 1 medium egg
- 2-3 oz. of poultry, meat, or fish (about the size of a deck of cards)
- 1/2 cup cooked beans

Source: USDA Center for Nutrition Policy and Promotion



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