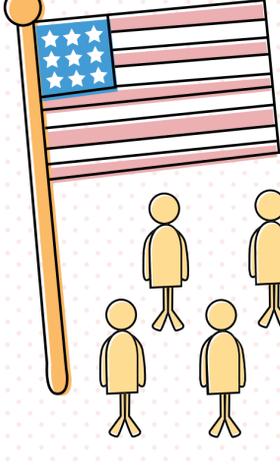


## Keep Your Kids Happy & Healthy

### Be Wary of Childhood Obesity



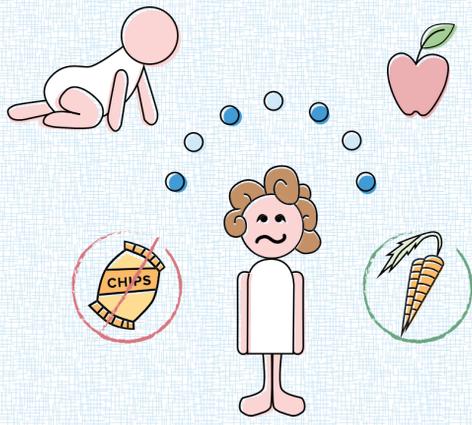
1 in 5 CHILDREN in the U.S. is considered overweight or obese.

Children who are considered **overweight** have a **higher risk** of:

- Staying overweight through adulthood
- Developing chronic diseases like heart disease and diabetes
- Experiencing feelings of stress, sadness and low self-esteem

### Practice Healthy Eating Habits

Guiding children towards **healthy eating** choices when they are **younger** helps them practice healthy habits in the future.



Fill your kitchen with **healthy, low-sugar** snacks.

**Tip** Try fruits, veggies and nuts instead of chips, candy or soda.

**Prepare foods at home** instead of buying fast foods that are high in carbs and calories.

**Tip** Next time you cook spaghetti, try zucchini noodles or spaghetti squash instead of pasta noodles.

Encourage your children to **eat meals more slowly**.

**Tip** Wait 15 minutes before offering a second serving so the brain has time to register fullness.

### Get in Touch with Nature

Spending time outdoors is an important part of every child's growth and development.

Staying physically active can help children **focus**, boost **positive attitude** and improve **strength** and **endurance**.

#### Spending Time Outside

- Improves Bone Health
- Prevents Heart Disease and Diabetes
- Improves Stamina
- Increases Vitamin D Levels

**Improves Attention Span**  
Studies have shown that seeing green in an outdoor setting may reduce ADHD symptoms in children.

**Improves Vision**  
Studies have found that children who spend time outside have better far-sighted vision.

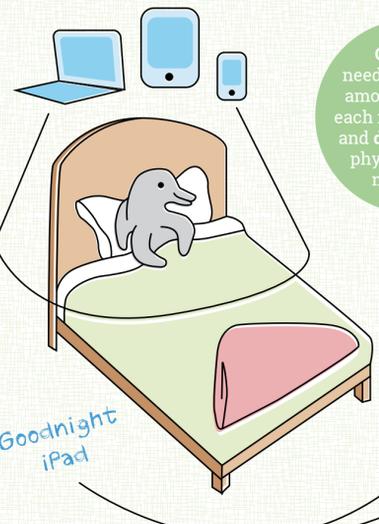
**Decreases Stress Levels**  
Exposure to nature can reduce stress levels in children by approximately 30%.

**Kids ages 6-17** should be physically active for at least **1 hour** each day.



Children who live within **2/3 of a mile** from a **playground** are up to **5 times** more likely to have a healthy weight.

### Turn the Lights Off



Children need a sufficient amount of sleep each night to **grow** and **develop**, both physically and mentally.

People ages 12-27 **TEXT** ~60 times a day

An electronic device light from a cellphone, laptop or iPad can keep the brain awake in an excited state.

The **Average American Child** Spends Approximately **7 hours** a day

In Front of an **ELECTRONIC DEVICE**

Research shows that adolescents who get enough sleep have **better grades** and **score higher** on standardized tests.

**MORE SLEEP Better Grades**



### Adequate Sleep



Improves



Stress Levels



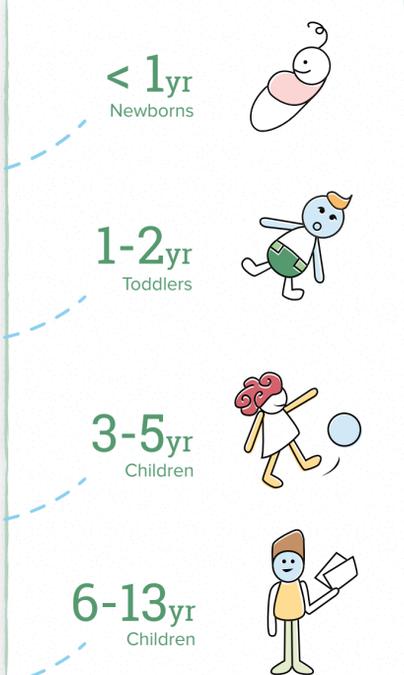
Brain Health



Quality of Life



### How Many Hours of Sleep Are Enough?



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Nicklaus Children's Hospital® – part of Miami Children's Health System – is South Florida's only licensed specialty hospital exclusively for children, with more than 650 attending physicians and over 130 pediatric sub-specialists. The 289-bed hospital is renowned for excellence in all aspects of pediatric medicine with many specialty programs consistently ranked among the best in the nation.

Sources: mch.com, care.com, huffingtonpost.com, nbcnews.com, neefusa.org, sleepfoundation.org, webmd.com