

## Wellness Program

- More than 25 million American children and teenagers are overweight or obese.
- The mission of this project is to identify those elementary students at greatest risk and coordinate a team approach of intervention at schools.

## Healthy Habits

*Did you know that each day children should:*

- Limit screen time to 2 hours
- Get a good nights sleep
- Consume a healthy diet
- Exercise

**Ask Your Pediatrician About  
the Student Healthy  
Weight Program!**



## Physical Activity

*Students and families will be provided information on topics such as:*

- Importance of exercising for at least 1 hour everyday
- Types of physical activity to do at school and home
- Exercising as a family
- Using an activity log

## Nutrition Education

*Students and families will learn the importance of:*

- Maintaining a healthy diet
- Eating at least 5 servings of fruits and vegetables daily
- Drinking **Almost No** sugary beverages
- Using a nutrition log