



Happy
Fourth
of July!



HEALTHY LIFESTYLES CLINIC

July 15, 2016

Give juice the boot!

According to the American Academy of Pediatrics, whole fruits and vegetables are much healthier than fruit or vegetable juice. The juice that you buy in the store often has added sugars and artificial sweeteners, even more than some sodas! Encourage your child to become involved in the process of choosing fruits and vegetables at the store, so that they can form favorites. If your child does want to drink juice, the best option is to make the juice yourself from fresh ingredients so you know exactly what they will be drinking.



Make family a priority

A recent study shows that children who have a good relationship with their mother and father were less likely to have undue weight gain. These positive results come from the ability to build and maintain routines related to sleep, eating, and activities. Behavioral change starts with a supportive family, and making a healthy lifestyle a family goal will ensure the greatest likelihood of positive results.

How to stay active when you're busy

Your summer schedule may be packed with work, camps, and other activities, but there are always ways to incorporate a more active lifestyle. Try walking up the stairs instead of taking the elevator or escalator, and going on a hike or to the zoo rather than watching a movie.

For more information, visit:
goo.gl/NRfJ7V

