



healthy
activity
planner



6 ways to help my kids 2 day

1

Talk to them about making healthy food choices

2

Be a good role model ... eat healthy, get exercise

3

Limit their time with TV and video games to less than 2 hours per day

4

Involve them in shopping for food and also meal preparation

5

Encourage play time everyday

6

Remember that parents make a difference!

Univera
Healthcare's

fun
2B
fit



For more information visit:
www.univerahealthcare.com
for more ideas on how to keep
you and your family healthy.