



American
Heart
Association.

KIDS' PHYSICAL & MENTAL HEALTH

Prioritizing healthy routines helps kids feel better today and gets them on the right track for years to come.

HEALTHY BEHAVIORS

Set small, achievable, short-term goals to prioritize **three key areas**:



PHYSICAL ACTIVITY

Preschool-age children about

3 hours per day of a variety of activities

School-age kids and teens at least

60 minutes per day of moderate- to vigorous-intensity activity



NUTRITION

Consume a variety of foods daily, increase intake of **vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean vegetable or animal protein, and fish.**

Minimizes the intake of **saturated and trans fats, processed meats, refined carbohydrates, and sweetened beverages.**



SCREEN TIME

Less is better
No more than **1 to 2 hours**

of TV/computer/video games a day; separating leisure screen time and school screen time.

A healthy routine can help kids feel better, improve mental health and decrease and prevent conditions such as anxiety and depression.

For more information visit **heart.org/Kids**.