



American Heart Association®

Life's Essential 8™

→ for kids



HAVING A HEALTHY WEIGHT

Understanding how many calories you eat and drink and your activity can help you identify changes you want to make for better health. A healthy weight isn't about losing weight. It's about healthy choices that can balance how we eat and move.

EAT MINDFULLY:

Listen to your body - if you are hungry, make a healthy choice. When you are full, stop eating. Notice when you are eating out of habit, stress, or boredom instead of real hunger.

GET ACTIVE:

Kids and teens should get at least 60 minutes every day of physical activity, including play and structured activities.¹

LEARN YOUR BMI

Body Mass Index (BMI) is the value of your weight in relation to your height. It can help you know whether you're at a healthy weight. Optimal BMI is less than the 85th percentile for age and height for kids and teens. This means that there isn't one healthy weight that applies to everyone. You can calculate your BMI online or see your health care professional.³

Learn more at [heart.org/lifes8](https://www.heart.org/lifes8)

TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Sit less, move more and play more to help improve your overall health.



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.²



GET HELP

If you have questions about keeping a healthy weight, talk with your health care professional.

¹<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children>

²The American Heart Association Diet and Lifestyle Recommendations | American Heart Association

³BMI in Children | American Heart Association