



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE | **CHALLENGE™**

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 re-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, intake of
vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean vegetable or animal protein, and fish

Minimizes the intake of
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.