

# Healthy Kids (AND ADULTS) Checklist

We all can struggle when it comes to staying on track with our health and wellness journey and our kids are not an exception to that. Remember, our kids won't do it if they see we don't want to do it! Model the behavior and they will follow in our footsteps. Use this simple checklist as an accountability tracker and a go-to guide.

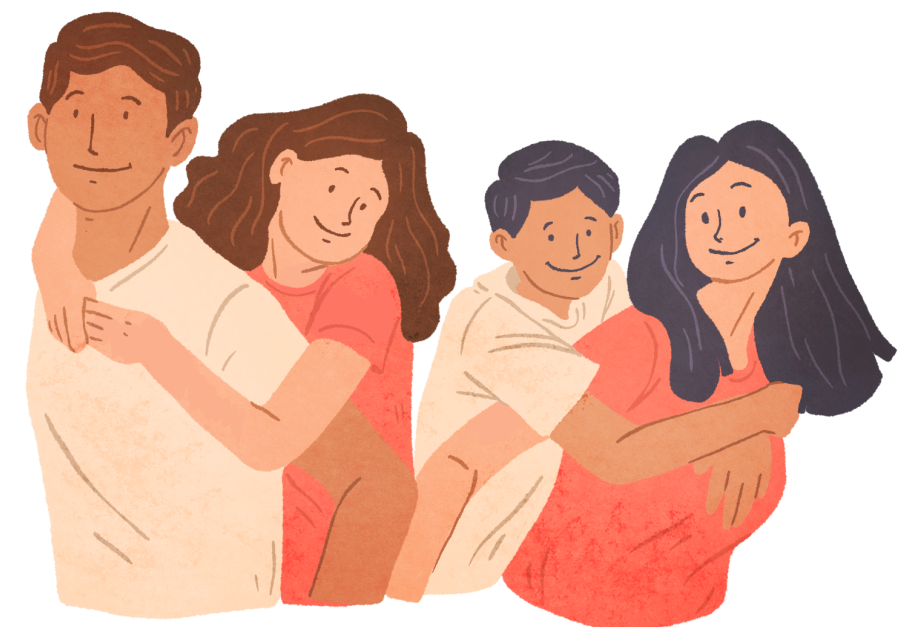


## HYDRATE YOURSELF!

**Drink water the moment you wake up!** Your body has done a lot of work over night to help you grow and repair. A good rule of thumb is to **divide your weight by 2 and that number is what you should drink in ounces.** (Keep in mind you will need more based on how hot it is outside and how active you are.)

## CONNECT WITH LOVED ONES

**Health and wellness is more than what's on your plate.** Typically when we are not nurturing certain areas of our lives (like our relationships) this can cause us to not eat right or maybe cause us not to be as motivated to workout. **So call a friend, schedule a play date, put away electronics during dinner and family time, or even spend some quality time with your animals.** This activates the vagus nerve and in return helps combat stress and nurtures your well-being.

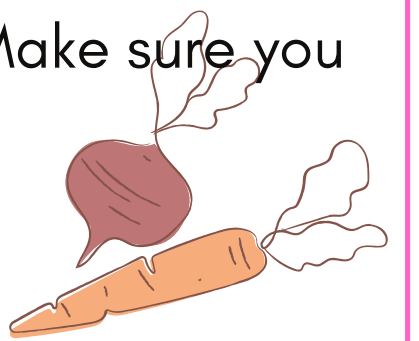


## MOVE YOUR BODY

When it comes to exercise, **do something YOU LOVE!** If you have to make yourself do it, you won't. Try new things! **Find what you love,** and something that brings you joy. **Hike, run, play, bike, dance,** just move in the way that brings you happiness. *Your body AND mind* will thank you for it.

## EMPOWER YOURSELF THROUGH NUTRITION

Fuel yourself with **nutritionally-rich, whole foods.** Choose *brightly colored fruits and veggies, whole grains like brown rice and quinoa, and clean protein options.* Limit processed and packaged foods. Make sure you are staying optimally hydrated.



## SLEEP TO REPLENISH

Always aim for **8 hours of uninterrupted sleep.** Our kiddos as they grow will need even more since their body is growing! It is important to **set up a healthy routine** to get your body prepared for sleep. **Turn off screens/electronics 2 hours before bed to limit the blue light and dim your lights** to prepare your brain for rest mode.



## BE GRATEFUL & FIND JOY

**Practicing gratitude** is a huge factor in our *emotional and physical health.* We can **train our brain** into reframing our world by focusing on what we have and what we are grateful for, instead of what's wrong or what we don't have. When we are grateful, we become more joyful and reduce stress. **Every morning, try writing 3 things you are grateful for** in a journal or go around the table during breakfast with the family and share with each other.