



FAMILY HEALTH



Kid-Friendly Tips For Busy Parents

(NAPSA)—The relaxed days of summer can be a great time to teach kids healthy habits. Help your kids stay active and eat healthfully with these tips from the American Heart Association:

- “Do as I do!” Be your child’s role model. If you enjoy being physically active, your kids will want to be active too. If you park yourself in front of the TV and eat unhealthy snacks, your kids may do the same.

- Move it! Encourage physical activities that kids enjoy. Plan times for the whole family to take a walk, go to a farmers’ market, ride bikes, swim, garden or just play outdoors.

- Set goals that kids understand, like completing one hour of physical activity per day and cutting back on desserts.

- Create a grocery shopping list together. The American Heart Association’s free, online “My Grocery List” builder located at heartcheckmark.org makes it easy to browse through more than 800 heart-healthy products certified to be low in saturated fat and cholesterol and/or high in whole grains and fiber. Have the kids make their own special list:

- ✓ Click on favorite foods to add them to the list. Products are organized by food manufacturer and by categories such as bread, dairy case, frozen foods, snacks and more.
- ✓ Type in other items, like detergent and pet food.



Take time to teach children healthy habits that can last.

- ✓ Print the list and take it to the store.
- ✓ Let the kids look for the heart-check mark on food packages. Smart grocery shopping just got faster and more fun for the whole family.

Bombarded with Health Information?

The heart-check mark from the American Heart Association makes it easy to cut through the clutter and quickly find tasty, heart-healthy foods. It’s the only heart on food packaging that meets Association standards.

The simple red heart with a white check mark takes the guesswork out of heart-healthy shopping for healthy people over age 2.

To learn more about reducing the risk of heart disease and stroke, visit americanheart.org or call (800) AHA-USA1 for a free copy of the “Shop Smart with Heart” brochure or go to heartcheckmark.org.