Healthy Eating And Physical Activity For Life

Enjoy a family walk. Physical activity provides health benefits across your life span.

healthy foods and drinks and engaging in physical activity.

Health Tips for Pregnant Women
Whether you're ready to try for a baby or are already pregnant, you may be inspired to get healthy. Developing and following a healthier eating plan may help you have a safe pregnancy and delivery and a healthy baby.

Think about new, healthy foods and beverages you can try—such as berries or a banana with hot or cold cereal for breakfast, a salad with beans, tofu or other non-meat protein for lunch, and a lean serving of meat, chicken, turkey or fish and steamed vegetables for dinner.

It's also important to engage in physical activities while pregnant. Most women need the same amount of physical activity as they did before they became pregnant.

Helping Your Child: Tips for Parents
As a parent, it's important to share tips with your children on what to eat and drink to fuel their bodies and get them moving. Healthy habits may help children grow, learn and build strong bones and muscles while maintaining a healthy weight. Work together as a family to form healthy habits—such as consuming healthy foods and beverages, doing regular physical activity, getting adequate sleep and limiting screen time. You can set a good example by going for a walk or riding a bike. Or find an activity that you enjoy and can do together.

Learn More
To find more tips and resources for weight management and healthy living at whatever life stage you’re in, or to access the Healthy Eating & Physical Activity for Life series, visit the NIDDK website at https://www.niddk.nih.gov.