



# How To Impart Healthy Habits In Kids



As parents, guardians, or educators, one of our most important responsibilities is nurturing the physical and emotional well-being of the children. Here are some effective ways to impart healthy living habits to kids:

01

## *Balanced Nutrition:*



Teach kids about the importance of a balanced diet with fruits, vegetables, and whole grains.

02

## *Regular Exercise:*



Encourage physical activity through fun sports or games they enjoy.

03

## *Limit Screen Time:*



Set reasonable screen time limits to promote outdoor and active play.

04

## *An After-School Program:*



Enroll kids in after-school programs that offer physical activities, educational opportunities, and healthy snacks.

05

## *Role Modeling:*



Be a positive role model by adopting healthy habits yourself.

[www.bgctx.org](http://www.bgctx.org)

Boys & Girls Clubs of Central Texas

703 N. 8th Street,  
Killeen, TX. 76541  
Phone: (254) 699 - 5808

