

Healthy School At Home

CHECKLIST

If your children are learning from home this year, use this checklist to make sure they stay healthy.



Children ages 6 to 17 should do 1 hour or more of daily moderate- to vigorous-intensity physical activity, including daily aerobic. They also need activities that strengthen bones (like running or jumping), and that build muscles (like climbing or doing push-ups) 3 days each week.



- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or nonfat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.

- Serve reasonably sized portions.
- Limit sugar and saturated fat.

TIP

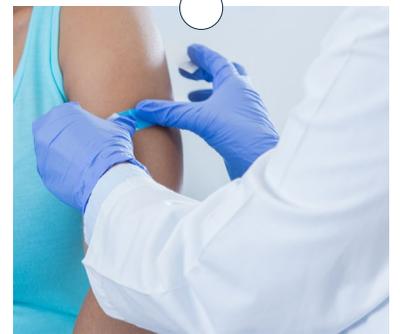
Use the [BAM Dining Decisions App](#) to help kids choose healthy foods.



Encourage children to drink lots of water throughout the day and limit sugar-sweetened beverages like soda or sports drinks.



Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.



A yearly flu vaccine is the best way to prevent flu and its potentially serious effects.



Sleeping well helps children stay focused and improves concentration and academic performance. Sleep also lessens children's risks of obesity, type 2 diabetes, poor mental health, and injuries. [Learn more](#) about how much sleep children need and tips for a good night's sleep.

For more information about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit cdc.gov/chronicdisease.

