



Healthy Habits to Live By



Fruits & Vegetables

Eat five or more fruits and vegetables every day.

- Include at least one fruit or vegetable with every meal or snack.
- Avoid frying – try steaming, baking or stir-frying.
- Try-A-Bite Rule – Offer new fruits and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.



Hours of Screen Time

Limit TV, computer, cell-phone and video game screen time (unrelated to work or school) to two hours each day.

- Keep TVs and computers in a central location and out of kids' bedrooms.
- Turn off the TV during mealtime and put down hand-held devices.
- No screen time for children under 2.



Hour of Physical Activity

Be physically active at least one hour every day.

- Take gradual steps to increase physical activity levels.
- Do short amounts of activity several times a day in order to get a full 60 minutes of activity.
- Make physical activity fun – try swimming, paddle boarding, dancing or gardening.



Sugary Beverages

Try water instead of soda, sugar-sweetened tea, fruit or sports drinks.

- Encourage your family to love water. Serve it, choose it, and people will drink it. Remember, water has zero calories!
- Juice products labeled “-ade,” “drink,” or “punch” often contain mostly corn syrup sweetener and less than 5% real juice.
- Serve fat free or low fat milk to kids 2 years and older.



Exposure to Tobacco

Eliminate the use of tobacco and nicotine products and promote a tobacco free environment.

- Quitting can be very hard, but it's not impossible. Call the Florida Quitline at 1-877-U-CAN-NOW for resources and support.
- Implement and enforce a tobacco-free policy for the places you live, learn, work and play.

Join the movement for a Healthy Okaloosa by incorporating these five healthy habits into your daily routine. Creating healthy habits takes time, so start small and focus on one goal at a time. Together, we can make Okaloosa County a healthier place to live, learn, work and play.



Adapted from materials developed by Let's Go!