



BLUE ZONES™ challenge

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support your child in meeting the blue zones challenge to live a longer, healthier life!

- Remind them to record their daily choices on the Blue Zones Challenge log. If the log is kept at home, put it on the refrigerator or some other visible place that will help your child remember to fill it in every day.
- Take the challenge yourself! Monitor your own behavior and set your own goals. Work as a team with your child. Remember – you are your child’s most important role model.
- Encourage your child. Be supportive and let them know you believe they can make these changes. Compliment them when you see them choose healthy over unhealthy behaviors.

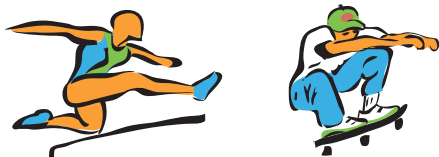


- Set rules about watching TV in your home, such as limiting the amount of time allowed or establishing TV-free times each day.
- Plan activities for you and your child - or your whole family. Go for walks or bike rides, play tennis or basketball, walk instead of drive. You’ll have fun together and feel great too!

- Keep fruits and vegetables readily available at home and serve them with every meal. Baby carrots, fresh berries, and apples with yogurt dip make simple, healthy snacks.



- Don’t keep sweetened beverages available at your home. Encourage your child to drink 100% real fruit juice, low-fat milk, and especially water.
- Help your child set realistic goals that call for small, but meaningful changes.
- Don’t give up! Changing habits isn’t easy. Support your child when they fail to meet their goals and discuss how to approach it differently next time.
- Plan ahead! Schedule fun physical activities and create healthy menus together. It’s easier to reach a goal when you have established clear expectations and a strategy for success beforehand.
- Try new things – new foods, new activities, alternatives to soda and sweet fruit drinks. Make it an adventure for the whole family!



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