

# Happy Healthy Parents, Happy Healthy Children!

**PARENT TIP: Health is your greatest wealth! Model positive behaviours and develop healthy habits as a family.**

## ACTIVITY

List down the healthy habits you would like to develop on the habit tracker calendar in the next page. Track your progress daily by crossing off each day you complete the healthy habits. Don't worry if you miss a day, do your best and aim for consistency.



**Check out the suggestions below for inspiration!**

Exercising regularly keeps your heart, lungs and bones healthy. Here are the recommended amounts of moderate-intensity aerobic physical activity to achieve every week!

children

60 minutes



adults

150-300 minutes



Excessive screen time can affect your child's health. Set screen time limits and spend quality time together by putting devices away during mealtimes.

A good night's sleep improves learning and keeps us in a good mood. Get the recommended hours of sleep every night!

3-5 yrs old

10-13 hours



6-13 yrs old

9-11 hours



adults

7-9 hours



Source: National Sleep Foundation

A healthy, balanced diet reduces our risks of chronic diseases. Plan your meal using **My Healthy Plate** for a balanced diet.



Mental well-being is as important as physical health. It helps us cope with varying emotions and normal stressors that we experience in our daily lives.

As a family, practice adopting coping skills together. Learn to reframe your thoughts and engage in deep breathing exercises when you are feeling stressed or anxious.



you've got this!

ARE YOU READY?

YES

NO

# Habit Tracker

First step to a healthier us!



YES WE CAN

## Habit

E.g.: Exercise daily for at least 15mins.

## Daily tracker

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
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WOW

We did it!

Be stronger than your excuses!



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<https://go.gov.sg/first-influencer-act8>



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