Finding Your Way to Healthy Living in Somerville
**GET AT LEAST 7–9 HOURS OF SLEEP AS AN ADULT AND 9–11 AS A CHILD**

- Set up a sleep schedule; go to bed and get up at the same time every day.
- Create a bedtime routine; take a warm bath or shower, read, or listen to soothing music.
- Create a comfortable sleep environment; cool, dark, and quiet; use an eye mask and/or a fan.
- Be conscious of what you eat or drink before bed; try not to go to bed hungry or full and limit drinks before bed.
- Do not allow kids to have phones or iPads/laptops in their bedroom overnight.

**EAT 5 OR MORE SERVINGS OF FRUITS AND VEGETABLES EVERYDAY**

- Make half your plate fruits and/or vegetables; include at least 1 or 2 servings at each meal.
- Be creative; add fruits and vegetables to cereal, scrambled eggs, sandwiches, pizza and pasta; double the amount of fruits or vegetables called for in a recipe.
- Make it easy and fun; prepare and pack pre-cut fruits and vegetables to grab as a snack or blend up a smoothie.
- Go for fresh, frozen, or canned; check out the local farmers markets or grocery store for fresh produce and pack your freezer with frozen fruits and vegetables; beware of canned fruits or vegetables with added sugar or sodium.

**LIMIT TIME IN FRONT OF THE TV & RECREATIONAL/ NON-PRODUCTIVE TIME ON COMPUTERS/ TABLETS OR PHONES**

- Set screen time limits.
- Replace with other activities such as going for a walk, dancing, reading, coloring, gardening/cooking or any other activities/hobbies.
- Have screen free meal time.
- Create screen free bedrooms; don’t allow kids to have TVs in their bedroom.

**LIMIT SUGARY BEVERAGES SUCH AS SODA, FRUIT DRINKS AND SPORTS DRINKS**

- Drink water; flavor by adding a slice of lemon, lime, orange or cucumber.
- Limit 100% fruit juice to ½ cup per day; add water or seltzer to the juice.
- Carry a refillable water bottle in order to stay hydrated and replace other unhealthy beverage.

**SPEND AT LEAST 1 HOUR BEING ACTIVE EACH DAY**

- Make it part of your daily routine; walk or bike when you can.
- Get active together; play games/sports with the whole family or find activities to participate in with friends.
- Keep it engaging and fun; bike, dance, swim, run, paddle/row, jump, play…
- Vary the activities; include aerobic (raises heart rate) & strengthening (builds muscles).