

# A HEALTHY DAY

Here are a few easy ways you and your family can make healthier choices every day.



## HYGIENE

Brushing your teeth – it's the perfect start to a healthy day!



## SLEEP

Improved sleep quality can lead to improvements in health, well-being, and academic achievement.



## SELF-CARE

Social-emotional health is closely linked to physical health.



## ACTIVITY

Regular physical activity supports a healthy body and a healthy mind.



## HYDRATION







Water is a natural, healthy and sugar-free way to stay hydrated.



## NUTRITION

Healthy eating supports a strong body and mind.

## HEALTHY DAY CHECKLIST

- Spend 2 minutes brushing your teeth in the morning and before bed. 
- Whenever you're feeling stressed or anxious, take 5-10 long, deep breaths. 
- Drink at least 8 glasses of water today. 
- Try to limit sugary drinks like soda and eat one fruit or vegetable with every meal. 
- Get at least 60 minutes of physical activity today. 
- Reserve at least 9 hours for a great, full night of sleep. 

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Learn More & Get Free Resources at [KohlsHealthyAtHome.org](https://www.KohlsHealthyAtHome.org)

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