

Introduction

Our main goal is to create a healthy life for children. So, we need to help them grow stronger and healthier with the right healthy diet and exercise.

Nutrition

- Eat a variety of fruits and vegetables it gives vitamins and minerals and keeps healthy and let kids select and prepare it
- Avoid junk food to keep kids healthy and prevent obesity and multiple disease in adult age
- Kids need protein and moderate carbohydrate and low fat.

Drink Water

Seventy five percent of child's body is made up of water. It keeps joints, bones and teeth healthy, helps the Blood circulate and can help kids maintain a healthy weight.

- Benefits
1. water eliminates dehydration
 2. water help kids suffering from asthma and allergies.

Get Enough Sleep

Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

Not getting enough sleep can lead to high blood pressure, obesity and even depression.

What is the recommended amount of sleep a child should get? It varies based on age.

The American Academy of Pediatrics recommends:

Children 1-2 years old: 11-14 hours

Children 3-5 years old: 10-13 hours

Children 6-12 years old: 9-12 hours

Physical activity

Physical activity is any bodily movement produced by skeletal muscle that requires energy expenditure. Physical activity includes football, swimming and running

Benefits

1. keeps their heart and lungs strong and healthy
2. keeps a healthy body weight
3. develop strong bones
4. Become more flexible

Hobbies

Hobbies are rewarding and enriching part of our lives, so encourage the child to explore his own interests and find a hobby of their very own. It gives a child an opportunity to express themselves and build self esteem. Hobbies teach children to set and achieve goals, solve problem and make decision.

Summary

Healthy lifestyle is essential for children. Water helps circulate the blood in children's bodies and control their weight. Physical activities strengthen bones and make them more flexible. Hobbies build self-esteem and improve kids' behaviors . Sleep can improve childrens' mental and physical health.

References

https://goodparentingbrighterchildren.com/benefits-of-drinking-water/?fbclid=IwAR0DaqTTqH795K16VQ1ZJolp_WrDiAcF_BXQPXmmZIngmmcGk4SDz6fpTu4

