

Great Ways to Keep Kids Healthy

It's never too early — or too late — to instill good habits that can help kids stay healthy, fit and protected from disease and illness.

Follow these tips:

- **Have them wash their hands.** Washing hands to the count of 20 helps stave off common bugs, from colds and flu to pinkeye.
- **Stop smoking.** Secondhand smoke can lead to asthma and other lung diseases.
- **Have them immunized on schedule.** Don't forget boosters (even until college).
- **Serve fruits and veggies early on.** It takes time for children to develop a taste for vegetables, in particular, so keep trying.
- **Limit TV time.** Children who watch four hours of television daily are at higher risk for obesity than those who watch TV half that much. *(Centers for Disease Control and Prevention)*
- **Encourage physical activity early on.** The earlier exercise begins, the sturdier the bones.
- **Slather on sunscreen and put on a hat.** Be sure to apply water-resistant SPF 15 sunscreen 30 minutes before venturing outside.
- **Watch for signs of asthma.** Asthma affects 1 in 20 children and is now the leading cause of school absence and hospitalizations. Signs include persistent dry coughing, wheezing, chest tightness and shortness of breath. *(Asthma and Allergy Foundation of America)*
- **Watch for stress.** Clues are stomach aches, nightmares, bedwetting and bullying.

Health Advocate can help you

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Contact Us for HELP!



866.695.8622



Email: answers@HealthAdvocate.com

Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.

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