Go

Health Fits into Every DAY

Start with a healthy breakfast EVERY DAY.
Get tips at http://go.uth.edu/CATCH_Bfast

Start the day with 15 minutes of activity by walking or biking to school.

60 minutes of activity every day is essential for your kids to grow and learn!
Learn more about how to encourage activity at school to get your 60 minutes in every day at http://go.uth.edu/CATCH_PA

SCHOOL

Find a safe place or activities (e.g., parks, practices, etc.) for your child to be active after school.

For more information, please visit www.catchinfo.org

Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Increasing healthy habits can be FUN for the whole family! Lead the way (be a role model!)
Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Replace sugary drinks with water!

Soccer is an easy way to get your kicks in for the day!

Dance your heart out to get a good work out!

It’s important for your kids to engage in 60 minutes of physical activity per day.

SCHOOL

SLEEP

After an active day, get 8 to 10 hours of sleep to recharge.

Pediatricians suggest to limit screen time to no more than 2 hours

Replace sugary drinks with water!

SLEEP

Pediatricians suggest to limit screen time to no more than 2 hours

After an active day, get 8 to 10 hours of sleep to recharge.

SLEEP

Replace sugary drinks with water!

For more information, please visit www.catchinfo.org

Brought to you by CATCH

Start with a healthy breakfast EVERY DAY.
Get tips at http://go.uth.edu/CATCH_Bfast

Start the day with 15 minutes of activity by walking or biking to school.

60 minutes of activity every day is essential for your kids to grow and learn!
Learn more about how to encourage activity at school to get your 60 minutes in every day at http://go.uth.edu/CATCH_PA

SCHOOL

Find a safe place or activities (e.g., parks, practices, etc.) for your child to be active after school.

For more information, please visit www.catchinfo.org

Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Increasing healthy habits can be FUN for the whole family! Lead the way (be a role model!)
Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Replace sugary drinks with water!

Soccer is an easy way to get your kicks in for the day!

Dance your heart out to get a good work out!

It’s important for your kids to engage in 60 minutes of physical activity per day.

SCHOOL

SLEEP

After an active day, get 8 to 10 hours of sleep to recharge.

Pediatricians suggest to limit screen time to no more than 2 hours

Replace sugary drinks with water!

For more information, please visit www.catchinfo.org

Brought to you by CATCH

Start with a healthy breakfast EVERY DAY.
Get tips at http://go.uth.edu/CATCH_Bfast

Start the day with 15 minutes of activity by walking or biking to school.

60 minutes of activity every day is essential for your kids to grow and learn!
Learn more about how to encourage activity at school to get your 60 minutes in every day at http://go.uth.edu/CATCH_PA

SCHOOL

Find a safe place or activities (e.g., parks, practices, etc.) for your child to be active after school.

For more information, please visit www.catchinfo.org

Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Increasing healthy habits can be FUN for the whole family! Lead the way (be a role model!)
Learn more about how to keep your family hydrated at:
http://go.uth.edu/CATCH_H2O

Replace sugary drinks with water!

Soccer is an easy way to get your kicks in for the day!

Dance your heart out to get a good work out!

It’s important for your kids to engage in 60 minutes of physical activity per day.

SCHOOL

SLEEP

After an active day, get 8 to 10 hours of sleep to recharge.

Pediatricians suggest to limit screen time to no more than 2 hours

Replace sugary drinks with water!

For more information, please visit www.catchinfo.org

Brought to you by CATCH