

# R<sub>x</sub> for Healthy Active Living

Name \_\_\_\_\_ Date \_\_\_\_\_

## Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

## My Goals (*choose one you would like to work on first*)

- Eat \_\_\_\_\_ fruits and vegetables each day.
- Get \_\_\_\_\_ minutes of physical activity each day.
- Reduce screen time to \_\_\_\_\_ minutes per day.
- Reduce number of sugared drinks to \_\_\_\_\_ per day.

\_\_\_\_\_  
Patient or Parent/Guardian signature

\_\_\_\_\_  
Doctor signature

From Your Doctor

American Academy of Pediatrics

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**Healthy Active Living**

An initiative of the American Academy of Pediatrics