



Coastal Kids

ENDOCRINOLOGY
AND
WEIGHT MANAGEMENT

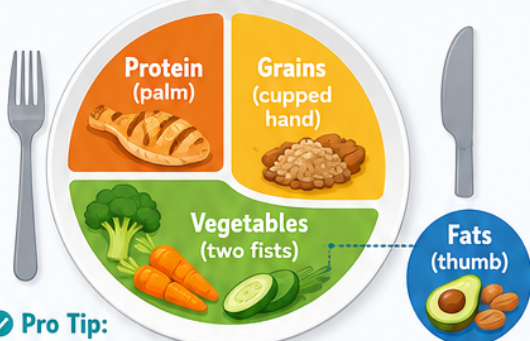
Healthy Weight Management Basics

Small Healthy Habits = Big Healthy Changes!



PORTION POWER: Right-Size Your Plate!

Your stomach is about the size of your fist — so that's a good guide for how much to eat at one time!



✓ Pro Tip:

Use smaller plates. They make normal portions look HUGE!



PROTEIN = POWER!

Protein helps your body build muscles, heal, grow, and keeps you full longer!

Great Protein Choices:

- ✓ Eggs
- ✓ Chicken or fish
- ✓ Beans & lentils
- ✓ Yogurt & cheese
- ✓ Nuts & seeds



Goal: Include protein at every meal to stay strong & full of energy!



Recommended daily protein intake is 1.2–1.6 g/kg/day of body weight.
(Example: 150 lb person = 80–110 grams/day)



HYDRATION STATION: Drink Up!

Your body is about 60% water — that's more than half of you!



How Much Water?

✓ Kids ages 4–8:



About 5 cups per day

✓ Kids ages 9–13:



About 7–8 cups per day

✓ **Fun Tip:** Carry a cool water bottle and decorate it with stickers.



SLEEP: YOUR SECRET SUPERPOWER!

Sleep helps your body repair itself, your brain learn, and you grow taller!

How Much Sleep Do You Need?

Age	Hours Per Night
6–12 years	9–12 hours
13–18 years	8–10 hours

Bedtime Hacks:

- ✓ No screens 1 hour before bed
- ✓ Keep your room cool and dark
- ✓ Stick to the same bedtime, even on weekends!



MOVE IT OR LOSE IT!

Your body was made to MOVE! Exercise makes your heart strong, your mood happy, and your brain sharp.

The Goal: At least 60 minutes of activity every day!



Fun Ways to Get Moving:

- ✓ Dance, play games, or swim
- ✓ Bike ride with friends
- ✓ Play tag, basketball, or soccer
- ✓ Jump rope or skateboard
- ✓ Walk the dog or go for a hike



DAILY HEALTHY HABITS CHECKLIST

Put a ★ next to each one you do today!



Ate protein at every meal

☐


Drank enough water

☐


Used portion control

☐


Got 60 minutes of movement

☐


Went to bed on time

☐


Get all 5? You're a SUPER-YOU CHAMPION!



“Take care of your body. It's the only place you have to live.”
— Jim Rohn



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