



Coastal Kids

ENDOCRINOLOGY
AND
WEIGHT MANAGEMENT

Healthy Kids Start Here!

EXERCISE IS MEDICINE

Move your body. Nourish your future.
Small choices every day lead to a healthier, happier life!

1 WHY EXERCISE MATTERS

Regular physical activity helps kids grow strong, feel happy, and stay healthy now and in the future!

-  Stronger heart
-  Healthy weight
-  Stronger bones and muscles
-  Better mood
-  Better sleep
-  Better focus
-  Builds confidence



 Aim for at least **60 MINUTES** of physical activity every day!

2 WHAT HAPPENS WHEN YOU WALK?

-  **1 MINUTE** Blood flow increases
-  **5 MINUTES** Mood improves
-  **10 MINUTES** Stress hormone (cortisol) decreases
-  **15 MINUTES** Blood glucose improves
-  **30 MINUTES** Fat burning begins
-  **60 MINUTES** Dopamine increases – it is like “a happy messenger” inside your brain!

 Even short bursts of movement make a **BIG** difference!

3 THE 9•5•2•1•0 HEALTHY HABITS

9
HOURS OF SLEEP


Get nine hours of sleep each night.



5
FRUITS & VEGETABLES


Eat five or more servings of fruits and vegetables every day.

2
HOURS OR LESS SCREEN TIME


Limit screen time to two hours or less each day.

1
HOUR ACTIVE PLAY


Engage in one hour or more of physical activity each day.

0
SUGARY DRINKS


Have zero sugary drinks each day.

 Small choices every day add up to a healthier **YOU!**

4 FUN WAYS TO MOVE!


Ride your bike or scooter


Go for a walk at the beach


Swim and have fun


Dance to your favorite music


Play tag, soccer, or shoot hoops


Play at the playground


Go for family walks


Explore nature and go on hikes

 Move in ways you **enjoy**—it makes it easier to keep going!



EVERY STEP COUNTS!

Healthy habits today build healthier futures tomorrow.



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