How to encourage good eating habits

Research shows that how and when kids eat when they are little can change how and when they eat when they are older. It is important to teach kids to eat when they are hungry, and to recognize when they are no longer hungry. Using food to calm kids down or as a reward can lead to bad eating habits later in life. When kids are taught to eat even when they are not hungry, they will overeat, which can lead to health complications. Instead, encourage your child to learn more about their hunger levels so that they can have good eating habits.

Health App Review: NFL Play 60

The National Football League and the American Heart Association team up to create a Free Health App that encourages kids to be active at least 60 minutes a day.

Pros: Kids can create characters that they move about by jumping and running themselves. Can also look up different active activities, depending on location and number of participants

Cons: App is only available for newer phone models (Ex: iPhone 5, iPhone 6)

Final Score: 8/10

Play it safe!

Make sure that you and your kids drink a lot of water when being active outside in the warm weather – you'll feel much better!