Giving Thanks for Good Health!

Thanksgiving is just around the corner, so it is important to start thinking about ways to maintain your health goals during the holiday season:

- Substitute classic dishes for healthier alternatives. The American Heart Association has a list of Holiday Recipes online at www.heart.org.

- Walking post-Thanksgiving meal will help with digestion, and you can observe the wonderful fall colors in your neighborhood.

Less is More: Screen Time

The American Academy of Pediatrics recently recommended further restriction of screen time in children. Before, studies recommended no more than 2 hours a day. Now, children younger than 18 months should get zero hours of screen time, and those aged 2 to 5 should get only one hour a day. For older children, limit screen time before bed and when it conflicts with healthy activities.

The best way to encourage good behavior is to model it. Have every family member reduce their phone or tablet use in general. This can provide the support your child needs to engage in healthier behaviors.