



New Year, New Healthy Habits

The new year is a chance to reset and remind children of healthy habits.

As we begin to think about New Year's resolutions, try implementing small actions that inspire routine healthy habits for children and your entire family.

Proactively Schedule Checkups

It's good when your child isn't at the doctor's office often, but they should always stop by for their annual checkup. Schedule your annual appointments at the beginning of the year and set reminders for the appointments.

Routine checkups are a safeguard to ensure your child's health stays consistent. Also, checking whether your child has the recommended vaccinations for their age is a proactive step toward preventing illnesses and diseases.

New Year, New Sport

Start the year off by introducing an exciting and new physical activity for your family. Movement is essential to your child's overall health—and to yours. Not only does 60 minutes of daily physical activity improve a child's brain health, but it also reduces health risks in adults such as diabetes, cardiovascular disease, and some cancers.

Encourage a new sport, hobby, game, or a non-structured physical activity. Activities can range from team sports such as soccer or basketball to recreational activities such as swimming or playground games. Daily physical activities could also include a game after dinner instead of TV or taking a walk around the block after school. You can build a strong foundation for an active lifestyle for your kids and family.



Choose Healthy Snacks

Stock up on nutritious snacks for your family and have them pre-packaged and ready to grab on-the-go. It can be easier to make healthy choices when you plan ahead and have a good variety of nutritious foods available in the places where you eat.

Consider healthier snack options like granola bars, nuts, non-perishable fruit such as oranges, or refrigerated options such as yogurt or carrots. To satisfy the sweet tooth, include dark chocolate, no-added sugar options, or whatever you think is best.

Leave Germs in 2023

Form a cleaning and disinfecting routine to help kill germs on surfaces year-round. At the beginning of your week, use Lysol Disinfecting Wipes and Lysol Disinfectant Spray on commonly touched surfaces in your household such as door handles and bathroom surfaces.

Lysol disinfecting products kill 99.9 percent of viruses and bacteria when used as directed, so keeping a consistent cleaning and disinfecting routine can help keep germs at bay throughout the year.

For more healthy habit resources, visit [Lysol Here for Healthy Schools](#).