



American Heart Association®

Life's Essential 8™

for kids

BALANCED BODIES



Our bodies need a balance of healthy foods and physical activity to stay strong and healthy. But sometimes, our bodies can store more fat than they need. At other times, eating too much unhealthy food or not moving our bodies enough can contribute to this. When our bodies have too much weight, it can make us feel unhealthy and put us at risk of hurting our hearts and other organs.

Everyone's body is different and we have different needs. Maintaining a healthy weight is not about how someone looks on the outside, it's about taking care of our bodies on the inside and keeping them healthy. Eating a diet that is balanced (proteins, carbohydrates, vegetables, fruits, nuts, seeds, and oils) and that provides you with just the right amount of energy that you need to be active can keep your body balanced. Just like we need to take care of our toys or pets, we also need to take care of our bodies. Remember, learning how to have a balanced body by maintaining a healthy weight is not about being a special size or shape, but about taking care of our bodies and feeling good inside and out.



EAT MINDFULLY:

Listen to your body - if you are hungry, make a healthy choice. When you are full, stop eating. Notice when you are eating out of habit, stress, or boredom instead of real hunger.



GET ACTIVE:

Kids and teens should get at least 60 minutes every day of physical activity, including play and structured activities.

Learn more at [heart.org/lifes8](https://www.heart.org/lifes8) for kids