

# Keep Kids **Healthy**



Consumption of a **multivitamin** along with omega 3s has been shown to reduce pediatric visits by more than **36 percent**.

Children under 12 years old need **at least 10 hours of sleep** per day.

Research suggests that **omega 3s** appear to reduce symptoms of attention – deficit and hyperactivity problems, which affect an estimated 10 percent of U.S. children.



Encourage **plenty of exercise**, especially outdoors — children should get at least **60 minutes** of activity every day.



Encourage plenty of **water** — **not juice or soda**. Water is the cornerstone for all body functions.



Encourage a diet rich in **colorful fruits and veggies** — **not processed foods**, which are high in sugar and artificial additives.

**70 percent** of the immune system is located in the digestive tract. **Probiotics** will help keep their guts healthy and maintain a strong immune system.