**Play. Eat. Sleep. Unplug.**

Does being healthy run in your family?

You want your family to be happy and healthy. But sometimes being busy makes that hard.

You can help your family make good habits. Even during stressful and busy times. Here are some tips to create a healthy home life:

**Play:**

* Make active play a priority. Schedule it into your week as family time.
* Be active daily. Try 60 minutes for kids, 30 minutes for adults.

**Eat:**

* Keep fruits and veggies cut up and ready to eat in your fridge.
* Eat a fruit or veggie with every meal and snack.
* Limit going out or eating fast food.

**Unplug:**

* Set a two-hour limit on all screen time. That includes TV, games, computer, phones and other electronics.
* Be aware of what your kids are doing on the internet and their phones. Set restrictions.

**Sleep:**

* Keep consistent bedtimes throughout the week. Make bedtime a routine.
* Keep the screens out of the bedroom. Limit bedtime activities to reading and sleeping.

Learn more about getting active, sleeping better and eating healthy at [**healthpartners.com/**](https://www.healthpartners.com/public/health/lets-talk-health/)**healthyliving.**