

# BACK TO SCHOOL

## HEALTH & WELLNESS

Florida  
HEALTH

**MAKE SURE YOUR CHILDREN ARE GETTING BACK INTO THEIR ROUTINES BEFORE SCHOOL STARTS**

### KEEP KIDS STRONG FROM THE INSIDE OUT

Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.

#### Healthy Eating

Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein. Limit sugar, saturated fats, and processed foods.



#### Regular Exercise

Encourage your children to be physically active for 60 minutes or more each day, like active play at the park or organized sports.



#### Getting Enough Sleep

Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:

**3-5 years**  
**10-13**  
HOURS

**6-12 years**  
**9-12**  
HOURS

**13-18 years**  
**8-10**  
HOURS

### COUNTY HEALTH DEPARTMENTS SUPPORT THE COMMUNITY

Contact your health care provider or local county health department about back to school health and wellness to get your children ready for a successful school year, inside and out. County health departments provide **year-round services**, including:

Wellness Checkup

Disease Screening

Birth Certificates

**In anticipation of the new school year, your local county health department will be providing back to school wellness activities at:**