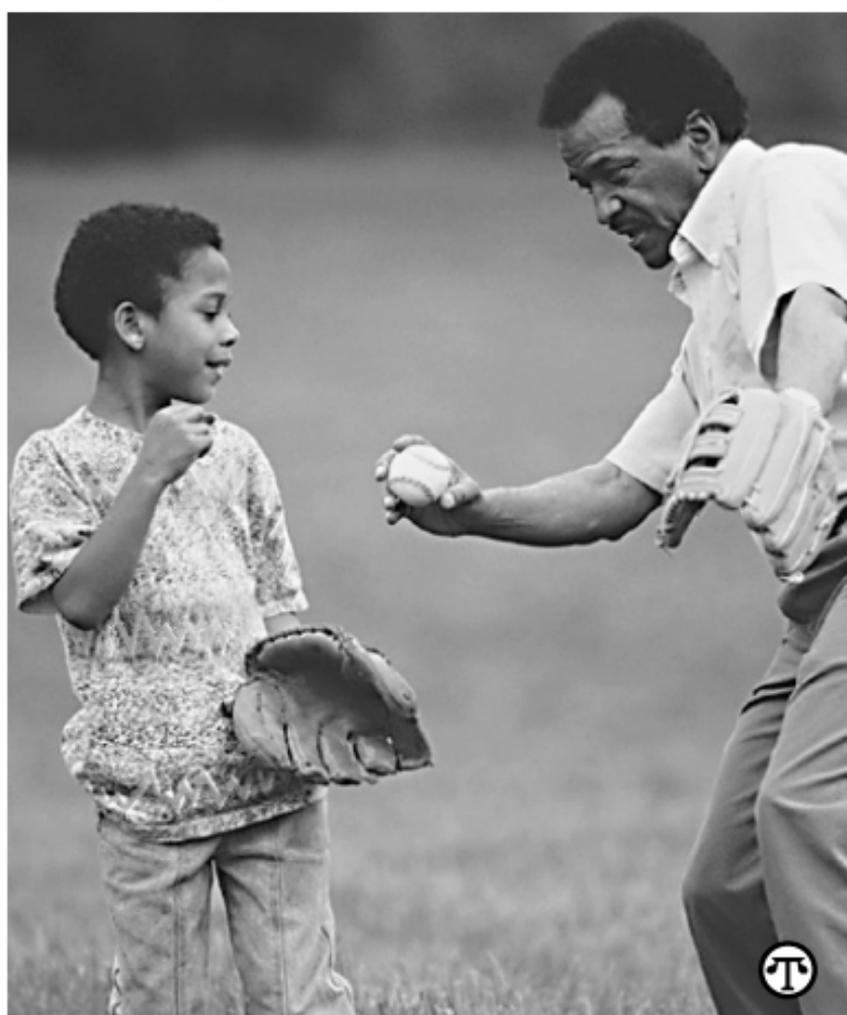


### Give Your Kids A Healthy Start To Back To School

(NAPSA)—As the days get shorter and the sound of school bells fills the air, here's a back-to-school checklist that will keep your kids healthy all year long—and for many more to come. Studies show that healthy habits that begin in childhood will likely last for a lifetime, and a healthy lifestyle may result in a decreased risk for a number of diseases, including cancer.



**Lifestyle choices you make for your children now can mean better health for them in later years.**

- **Eat 5 A Day.** You can help your children by making sure that they eat five to nine servings of fruits and vegetables each day. A little can go a long way—add some fruit on top of pudding or a handful of berries to cereal. Put lettuce on a sandwich or give your kids a couple of cherry tomatoes for a snack. Even these small amounts will add up to a serving when eaten over the course of the day.

- **Exercise every day.** Since school-aged children may become less active, get your child involved in physical activities by starting a family exercise program. Walk, bike, hike, swim, in-line skate together at least twice a week.

- **Wear sunscreen.** Playing outdoors is a terrific way for kids to get healthy exercise, but teach them to protect their skin with a waterproof sunscreen of at least SPF 15, even on hazy days, no matter their skin color.

- **Just say “no.”** Educate your child about the dangers of alcohol, tobacco and drugs to help them lead a healthy life!

The best thing you can do for your kids? Be a good role model and practice what you preach. For more healthy ideas, visit [www.preventcancer.org](http://www.preventcancer.org).