

## Healthy Living for Your Family

As parents, you can start teaching your children these four messages at a young age to help them become healthy adults:

- Eat well
- Be active
- Be sun safe
- Avoid tobacco smoke

Tips to help you do this:

- Buy, prepare and enjoy a variety of healthy foods
- Have fun with your children and plan family activities like walking, dancing, playing and cycling
- When you're enjoying the outdoors—look for shade, wear a hat, cover up, wear sunglasses and apply sunscreen
- Make sure your home and car are smoke-free

For more information, call Toronto Health Connection at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health).

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