



American Heart Association®

Life's Essential 8™

→ for kids

LIFE'S ESSENTIAL 8 FOR KIDS

We all want our kids to grow up healthy and happy. The American Heart Association's Life's Essential 8™ are the key measures for improving and maintaining cardiovascular health. Supporting good heart and brain health early helps lower the risk for heart disease, stroke and other major health problems later in life.

Life's Essential 8 elements are divided into two areas – health behaviors and health factors. Health behaviors include diet, physical activity, nicotine exposure and sleep. Health factors are body mass index, cholesterol levels, blood sugar and blood pressure.

Healthy habits often begin at home. By finding ways as a family to move more, eat better, sleep well, know your numbers (blood pressure, blood sugar and cholesterol), and talking with your kids about how important these habits can help set them up for success and avoid serious health issues such as obesity and Type 2 Diabetes.

The pages that follow provide Life's Essential 8 – for kids, information on each of the eight elements, why they are important for kids, and how you can easily talk to children about good heart and brain health together. Use these with your kids as a guide and involve them in activities and decisions that support the whole family's heart health – together...

Life's Essential 8 for Kids

Super Fuel

In Motion

Clear the Air

Sleep Tight

Balanced Bodies

Building Blocks

Sweet Talk

Don't Be Pressured

