



5 Tips for Instilling Healthy Habits Early

The kids are watching! Here are five tips to instill healthy habits for the youngest among us:

1. **By joining the kids in being active, everyone stays active.**
2. **Involve the kids in the produce aisles; enlist their help with food prep.**
3. **Be proactive about wellness—lead by example at the doctor's office.**
4. **Make everyday brushing and flossing essential and fun.**
5. **Explain the rewards of earning, saving, and budgeting.**

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