

# A HEALTHY FAMILY IS A HAPPY FAMILY

When families model healthy behavior, children are more likely to imitate that healthy behavior. Start with a few small steps and involve the whole family!



## Activities that will reinforce physical activity learning at home:

- See if you can hop to the mailbox when you check the mail.
- Do at least 10 minutes of activity at a time; walk the dog, take a walk as a family.
- Take the stairs instead of the elevator.
- During commercials of your favorite show, try exercises like squats, jumping jacks or jogging in place.
- Park at the far end of the parking lot when going to the store, work or school.
- Try biking or walking when going somewhere.
- Count the number of steps you take when doing chores - those steps add up.
- Enjoy the great outdoors. Go for a hike, walk in the park or even rake the leaves.
- Put on some music and dance. Dancing is a fun way to get cardiovascular exercise.



## Activities that will reinforce nutrition education learning at home:

- Turn off the TV during dinner three nights a week and share family time.
- Have the kids help cook dinner and learn how to prepare healthy meals.
- Encourage healthy after school snacks like fruit, veggies, cheese and crackers, or graham crackers and peanut butter.
- Offer milk or water instead of sugary beverages like soda and juice.
- Prepare at least one meatless meal per week. Substitute ground meat in a family favorite with black beans, which have less saturated fat and save money.
- Breakfast helps jump-start digestion and metabolism, so take time to eat a balanced breakfast.
- Engage the whole family in planning healthy meals and grocery shopping.
- Try one new healthy food each month, such as a new fruit or vegetable, or whole grain pasta or tortillas.
- Replace one soda a day with a glass of water. Add fun, natural flavors such as lemon or lime slices.



## Activities that will reinforce overall health and wellness learning at home:

- Make sure everyone washes their hands with soap and water after using the bathroom and before meals.
- Ensure that everyone gets the recommended amount of sleep for their age. Set an alarm clock that will remind you it's time to go to bed.
- Everyone in the vehicle should always wear their seatbelts, no matter how far you are driving.
- Make sure everyone is up to date on their immunizations. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

You are your child's first and most important teacher. Create your own list of ideas of how your family can take easy, simple steps to being healthy together!



For more information, visit  
[aetn.org/parents](http://aetn.org/parents) or [arkansasobesity.org](http://arkansasobesity.org)



Arkansas Coalition for Obesity Prevention