YMCA

Healthy Family Home™

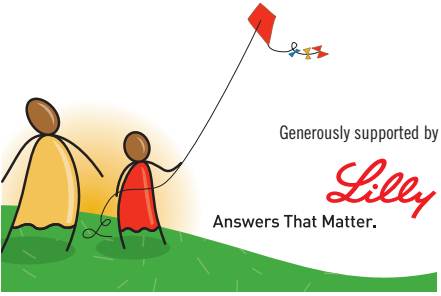
Healthy Families Begin at Home

www.healthyfamilyhome.org

Healthy Family Home is a YMCA initiative designed to help any family in any community make healthier decisions and lead healthier lives at home. By offering practical tools for making small, sustainable changes that can have a big impact over time, Healthy Family Home provides families with the support they need to help them:

- *better integrate regular physical activity*
- *increase healthy food choices*
- *strengthen family connectedness*

There are three keys to creating your healthy family home: play every day, eat healthy and make family time. Visit www.healthyfamilyhome.org to download a Healthy Family Home Starter Kit and learn more about tips and tools to help you on your path to healthier living.



Tips from Healthy Family Home

Play Every Day

- **Bring your walking/running shoes** to your child's practice and walk around the field, park or gym while they play.
- **Set a house** rule of no more than two hours per day of screen time.
- **Turn on music** and dance, play musical chairs or a quick game of tag.

Eat Healthy

- **Make sure every meal** includes at least one fruit or vegetable.
- **Pay attention to portion sizes.** Review the nutrition labels on packaged foods and enjoy accordingly.
- **Decorate special water cups** or bottles for the family (everyone gets his or her own bottle).
- **Have all family members** identify their favorite fruit and other healthy snacks. Then fill a family bowl with items for worry-free snacking.

Family Time

- **Designate Saturday mornings** (or any other time that works for your family) as "family walk time" and get moving together.
- **Sit down as a family** for one meal a day.
- **Each week,** set aside time for each child in your family—talk, play a game, read or make a favorite meal together.

Please visit
www.healthyfamilyhome.org
for tools, tips and recipes
for healthier living.

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