



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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# QUICK START KIT: EAT HEALTHY



## Choose to Eat Healthy

At the Y, we believe that small steps lead to big changes. With a balanced approach, even the busiest of families can discover ways to eat healthier and feel better.

### KEY HEALTHY HABITS

#### ► Choose Your Drinks with Care

A simple way to improve your family's overall health is to explore your approach to fluids by cutting out the drinks with added sugar and adding more water, 100% fruit juice and low-fat milk to your family's diet. If your family is currently used to drinking sugar-sweetened beverages, begin working gradually to replace them with healthier options.

#### ► Aim for Five a Day

The delicious crunch of fruits and veggies can be part of every meal and snack your family enjoys throughout the day and is important for your whole family's health. Everybody needs the vitamins, fiber and minerals that these colorful foods provide in order to grow and stay strong, energetic and free from illness. Stay healthy by reaching for five servings every day.

### FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, we will each drink a glass of water with dinner.
2. This week, we will each commit to eating a piece of fruit with our lunch.
3. This (day) , we will try two new vegetables with dinner.
4. This week, we will commit to eating dinner together at least \_\_\_\_\_ times.
5. This week we will switch from using whole to 2% milk on our cereal.

**Our own:** \_\_\_\_\_

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# QUICK START KIT: PLAY EVERY DAY



## Great Ways to Play Every Day



Play may be the best way to prevent childhood obesity. Put more play into your family's day, and you will soon find yourself getting the activity that will have your family feeling energized and strong.

### KEY HEALTHY HABITS

#### ► Families at Play for an Hour a Day

Playful movement is one of the keys to a healthy family home. It doesn't matter what you choose to do. Just think of all the many choices you have from walking to gardening to vacuuming the carpet, let alone the fun you can have with your kids swimming in a pool, going for a hike, shooting some hoops, or taking a favorite pet for a walk. To get 60 minutes of moderate activity throughout your day just add ten minutes here and fifteen minutes there.

#### ► Turn It Up a Notch

Several times each week, spend a little more energy while moving. Try to engage in vigorous activities at least three times each week for 20 consecutive minutes, but don't worry if five or ten minutes leaves you feeling wiped out at first. Small steps will get you there, so don't overdo it. When the play stops being feeling good, take a break.

### FAMILY GOAL EXAMPLES

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1. This week, we will take a 30-minute family bike ride.
2. This week, we will take \_\_\_ (#) family walks together around the block.
3. This week, we will attend family swim at the Y on \_\_\_\_\_ (day) .
4. This week , we will walk the dog instead of letting her out into the yard.
5. This week, I will play ball with the kids for 15 minutes when I get home.

**Our own:** \_\_\_\_\_

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# QUICK START KIT: GET TOGETHER



## Take Time to Get Together

Strong relationships are one of the cornerstones of health and well-being. Few relationships are as important as those between adults and children when it comes to helping kids learn, grow and thrive.

### KEY HEALTHY HABITS

#### ► Give the Special Gift of Time

Special one-to-one time helps develop and strengthen the important adult-child relationships in a healthy family home. Children need adult time and attention like they need healthy food and playful activity. When it is missing, kids will find other ways to ask for adult time and attention often resulting in negative behavior and stress on the relationship. Most of the time it takes some planning, but the thoughtful gift of your time is one of the things that will help your child learn, grow and thrive.

#### ► Make Family Time a Priority

One of the greatest gifts you can give to your family is the time that you all spend together. In today's world, too many families are go, go, go all of the time resulting in too little time spent together. Try to find an hour a day during which your entire family has an opportunity to connect and share.

### FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, we will try out family board game night on \_\_\_\_\_ (day).
2. This week, I will invite my child out on a special date night.
3. This week, I will try to learn three new things about my kids.
4. This week, we will commit to eating dinner together at least \_\_\_\_\_ times.
5. This week, we will take a 30-minute family bike ride.

**Our own:** \_\_\_\_\_

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# QUICK START KIT: GO OUTSIDE



**Go Outside. Grow Outside.**

Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration.

## KEY HEALTHY HABITS

### ► Protect the Right to Play

More children than ever are involved in scheduled, structured activities. Children benefit greatly from unstructured play as well. According to the American Academy of Pediatrics, free play helps children grow and develop toward important intellectual, emotional, and social milestones along their developmental journey toward healthy teen and adult years.

### ► Introduce Children to Nature

A growing body of research is pointing to the fact that time spent in contact with nature is good for everyone, but that it is particularly important to the healthy development of children. Nature engages all of the senses, helps children to develop curiosity and creativity, reduces stress and fosters a sense of wonder and a desire to explore and learn. Children who spend time in nature are also more likely to develop a lifelong sense of connection to and concern for the environment.

## FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, I will take my children to a park to let them play.
2. This week, we will have a family discussion about priorities.
3. This week, we will plant something together.
4. This week, we will do a family nature scavenger hunt.
5. This week, we will take \_\_\_\_ (#) family walks together around the block.

**Our own:** \_\_\_\_\_

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GO OUTSIDE



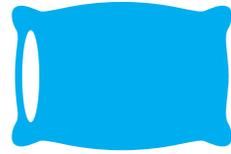
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# QUICK START KIT: SLEEP WELL



## Rested and Ready to Grow

One of the best ways to raise healthy kids is to make sure they—and you—get enough sleep. A healthy family depends on it.

### KEY HEALTHY HABITS

#### ► The More the Better

Based on their ages, children need different amounts of sleep. Doctors recommend between 10 and 12 hours per day for kids between the ages of 5 and 12. When children do not get enough sleep it can cause moodiness and impact their ability to learn in school. Additionally, recent studies have found links between sleep and obesity in children. It may seem strange, but the more hours that kids sleep the less likely they are to become obese.

#### ► Make Rest Your Priority Too

Restful sleep also has important short- and long-term health benefits for adults, including a role in maintaining our healthy immune system, metabolism, mood, memory, learning, and other vital functions. Researchers are also beginning to point towards the benefits of sleep for the prevention of heart disease and other chronic conditions. Doctors recommend seven to eight hours per night.

### FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, I will read one bedtime story to my child each night.
2. This week, we will turn off the TV one hour before bedtime.
3. Three times this week, the adults will be in bed before \_\_\_\_ p.m.
4. Three times this week, the kids will be in bed before \_\_\_\_ p.m.
5. Each day this week, I will not have any caffeine after \_\_\_\_ p.m.

**Our own:** \_\_\_\_\_

Use the Healthy Family Home progress tracker to keep tabs on your goals.



# PROGRESS TRACKER



PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



EAT HEALTHY

OUR GOAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



PLAY EVERY DAY

OUR GOAL

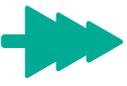
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GET TOGETHER

OUR GOAL

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GO OUTSIDE

OUR GOAL

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SLEEP WELL

OUR GOAL

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