

How can kids make healthy eating and physical activity choices in today's world?

First Steps for Healthy Habits

Create a healthy habit foundation that works for ALL kids regardless of size, shape or weight!

Begin to build the **Healthy Habit Foundation**

Role model! Be a "family leader of healthy habits."

A family leader of healthy eating choices.

Sit down and eat with your kids. Use this time to talk about healthy choices. Your kids will learn by watching what you eat and modeling your choices.

A family leader of active play.

Show your kids you have fun with active play. How about a walk in the park? While you walk, jump on leaves, or hop over cracks in the sidewalk. Decide together what is fun!

Add structure to your **Healthy Habit Foundation**

- Set a regular time and place for meals.
- Set a time and place for snacks. *Planned snacks give kids "go" power, are a healthy part of their day and help replace nibbling.*
- Turn off the TV during meals and snacks. *TV is a distraction that keeps the family from talking together. Young and old alike don't notice what they are eating, or how much, when TV and meal/snack time are combined.*
- Choose a regular family time for active play. How about 15 minutes before dinner, or instead of TV on a Saturday night?

Make your **Healthy Habit Foundation** fun

Make healthy habits fun by involving the whole family.

Kids help decide!

Take turns deciding how to spend active playtime, or choosing a favorite meal.

Kids learn by exploring healthy choices at the grocery store!

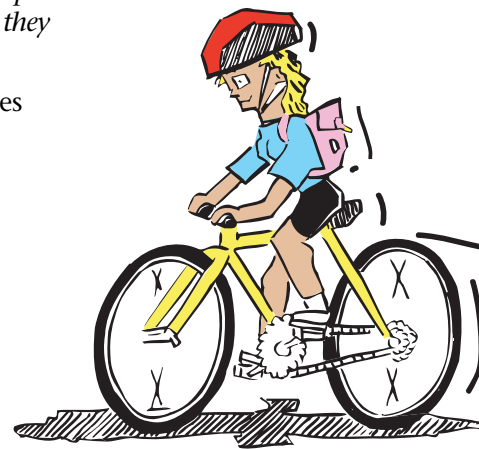
Make grocery shopping a fun, healthy learning experience by planning time to explore healthy choices...like the rainbow of fruit and veggie colors.

Kids get interested preparing meals

Prepare meals together. Find simple tasks for the little ones like pouring water, setting the table, or arranging fruits *you* have sliced.

Family Talk

List things you can do to involve your kids in building a *Healthy Habit Foundation* at home.



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Resources

KidsHealth

www.kidshealth.org
 Nutrition, physical activity
 and other health topics

Kidnetic www.kidnetic.org

Tips for building self-esteem,
 healthy eating, and physical
 activity

Fit & Fun Family Goals

Use the following checklist as a guideline for setting healthy goals. Build a healthy habit family foundation by choosing one or more of these goals to work toward. *In this busy world, the BEST plan may not always be possible, but it is ALWAYS worth working toward!*

Healthy Habit Foundation Checklist

For each of the healthy habits, write your thoughts about what is happening now.

- Be a role model _____
- Include active play in family time _____
- Plan meals together _____
- Grocery shop together _____
- Eat meals together _____
- Set regular meal and snack times _____
- Turn off the TV when eating meals or snacks _____

Use the table below:

- Write one or two SIMPLE goals to help your family build a strong healthy habit foundation.
- Recognize your progress. Success keeps you going and is fun.

For the next month, mark each week that you reach your Healthy Habit Foundation goals.

Examples of goals: If you always eat with the TV on, try: Our family will find at least one day this week to eat with the TV off. Or, if you never have active play as a family, try: Our family will spend 30 minutes before dinner on Sunday to play catch, or dance, or go for a walk.

	Week 1	Week 2	Week 3	Week 4
Goal 1:				
Goal 2:				

