

5 FUN STEPS THAT WILL MAKE YOUR — FAMILY HEALTHIER —

1. MAKE A GAME PLAN

DISCUSS YOUR FAMILY HEALTH AS A TEAM.

Try having everyone write down individual goals and place them in a jar.



Then, lay them out!

Keep your goals anonymous if that feels more comfortable—if there's overlap, use those common goals to get started.

2. SET ATTAINABLE GOALS



SHOOT FOR 30 TO 45 MINUTES A DAY OF physical activity everyone is excited about.

Walking the kids to school or taking the dog out counts—every activity matters!

3. STAY ACCOUNTABLE

WRITING DOWN YOUR FAMILY FITNESS PLAN WILL KEEP EVERYONE ON TRACK

| TASK | SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|-----|-----|-----|-----|-----|-----|-----|
| Walk the dog | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| DANCE PARTY | | | | 😊 | | | |
| Walk to school | | ♥ | | | | | |
| Cook as a family | | | | | | 🍕 | |



Incorporate fun stickers or rewards that provide an entertaining way to measure progress as a family.

4. MIX IT UP!



Think outside the box by playing a game of dodgeball in the yard, or by starting an after dinner dance party and getting your groove on.

5. COOK TOGETHER, EAT RIGHT, HAVE FUN

GIVE KIDS CHALLENGING TASKS THAT WILL GROW THEIR CONFIDENCE.

Plan meals around unprocessed whole foods, especially seasonal fruits and vegetables.



It doesn't have to be boring, try a taco bar or invest in tools to help inspire new ideas.