

Improve Your Family's Health

Here are 3 great ways to improve your family's health:

1. EAT DINNER TOGETHER

- Family meals are a good time to introduce healthy foods and talk about the day.
- Take your time, sit and relax, keep the TV off, and listen to each other.



2. BE PHYSICALLY ACTIVE TOGETHER

- Go for a family bike ride.
- Go to a park – play catch, take a hike, climb a tree, play!
- Walk around your neighborhood.
- Play hide-and-seek.
- Go to the beach/lake/snow and play.

3. LIMIT SCREEN TIME

- The more screen time (TV, videos, computers, video games, etc.) you have, the less active you are. So, tune it out, turn it off, and get moving!



FAMILY MEAL

Plan a meal to cook and eat together with your family (e.g., pasta with sauce, broccoli, garlic bread, and fruit salad for dessert). Write it on the recipe card and make the meal together. Make other cards each time you plan a new meal. In a month or so, your family will have many “recipes” for great, healthy family meals.

OUR FAMILY MEAL

RECIPE

PICKLE

Ready

- 1 ball
- 2 bases (cones, shoes, shirts, etc.)

Set

- Place the bases 15 paces apart.
- A base runner starts mid-way between the bases.
- A base player stands on each base; one with the ball.

GO!

1. The object is for the base runner to get to a base without getting tagged by a base player.
2. Base players use throwing and running to try to tag the base runner with the ball.
3. Switch base runners and base players after tagging the base runner.



READ ALL ABOUT IT!

Cody Unplugged
by Betsy Duffy

Unplugged Play: No Batteries. No Plugs. Pure Fun.
by Bobbi Connert

SPARK™

K-2

FAMILY NUTRITION AND PHYSICAL ACTIVITY CALENDAR

Use the calendar below for ideas on how to stay healthy this month. Each day, choose 1 activity below. Every time you complete an activity, you earn a star. Color it in. How many stars can you earn this month?

| | | | | | | | TOTAL |
|---|---|---|--|---|-----------------------------------|--|-------|
| Do some gardening (rake leaves or pull weeds) | Eat a new vegetable you haven't tried before | Take a walk around the block | Play tag | Play catch! Use a ball, flying disc, or water balloon | Take a family walk after dinner | Cook a meal with a family member | _____ |
| Try a new physical activity | Replace soda with milk, water, or 100% fruit juice | Get wet! Run through the sprinklers or the rain | Take your dog for a walk | Ride your bike | Turn off the TV for an entire day | Walk around a mall | _____ |
| Take the stairs instead of the elevator | Make an obstacle course at the park, and time each other through it | During a commercial, do an activity (jog in place, jump rope) | Try an activity that begins with "S" (swim, skate) | Go bowling as a family | Turn on some music and dance | Eat some crunchy veggies (carrots, cucumbers) | _____ |
| Don't eat any fast food today | Jump rope for 50 jumps | Eat breakfast as a family | Have some fresh fruit for dessert | Try an activity that begins with "H" (hopscotch, hide and seek) | Play charades as a family | Park farther away from the store and walk more | _____ |

- 0-7** Not a great month. Better luck next time.
- 8-14** Good start, with room for improvement. You are headed in the right direction.
- 15-21** You are getting healthy! Keep it up!
- 22-28** You are a SPARK Star! You are a great role model for others.

Your total for the month:

