

# Families Feeling

## Fabulous - Feeling better will just sneak-up on you!



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*"Families Feeling Fabulous" is a way of life that will sneak-up on those who give the smallest amount of effort. It is not your traditional diet and exercise program. Incorporate one of these simple ideas each week to make your family feel better.*

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- Walk, skate, or cycle more and drive less.
- Push the baby in a stroller on a walk around the neighborhood.
- Stroll around the field while watching your child's sporting event.
- Walk the dog- don't just watch the dog walk.
- Involve the whole family in household chores such as cleaning, vacuuming and yard work.
- Avoid elevators and escalators; take the stairs instead.
- Golf (pull cart or carry clubs).
- Schedule your workouts for an entire week.
- Eat only when hungry.
- Eat smaller portions than usual.
- Count your steps with a pedometer (aim for 10,000 steps).
- Join a group exercise program.
- Walk while talking on the phone.
- Satisfy chocolate cravings with low-fat pudding cups or frozen fudge bars.
- Substitute ground turkey for beef.
- Avoid large packages of chips, cookies, and other similar snacks.
- Choose cuts of beef with labels that say round, lean, chuck, or loin.
- Circle around the block once when you go outside to get your mail.
- Take at least 5 minutes a day to relax and breathe deeply.
- Avoid saying negative things about yourself.
- Eat a healthy breakfast regularly. Studies show this helps with weight loss.
- Use a steamer to cook veggies.
- Stock your cabinets with nonstick pans and cooking spray.
- Serve dinner on appetizer plates to control portions.
- Start meals with salad or broth based soup-you will feel fuller.
- Eat at the dinner table while talking with family.
- Accompany your children on their walk to school.
- Pass by the drive-thru window and walk into the bank or restaurant.
- Invite friends or family members to join you for a walk.
- March in place while watching your favorite TV show.
- Keep fresh fruit and vegetables washed, cut up and readily available.
- If you decide to splurge on something sweet, share or throw half away.
- Switch from potato chips to air-popped.
- Replace candy bars with low calorie energy bars.
- Eat at home. Studies show more calories are consumed in restaurant meals.
- Floss- studies show it may add years to your life.
- Organize a cluttered space.
- Don't eat in front of the television.
- Leave a bite or two of everything on your plate.
- Park the car as far away from the entrance as possible.
- Choose whole grains over refined grains.
- Only drink beverages with no calories, water is the best.
- Leave the room during TV commercials; use the break to do something active.
- Switch from an iced coffee mocha drink to a nonfat iced cappuccino.
- Get at least eight hours of sleep.
- Switch from 2% milk to skim.
- Order the small fries instead of the extra-large size.
- Avoid fast food and fried food.
- Drink at least 8 (8oz.) glasses of water a day.
- Try six smaller meals a day.
- Replace ice cream with fat-free frozen yogurt.
- Make sure fish, poultry and meat are lean. (trim skin & fat)
- Broil, roast or steam foods.
- Wash your car by hand.
- Enter the whole family in a charity walk.
- Take at least 20 minutes to eat your meals.
- Limit family television/video time.



# Families Feeling Fabulous – Make Family Time an Active Time!

## Did you know that being physically active every day...

- increases fitness levels and keeps the heart and lungs healthy
- builds and maintains healthy bones, muscles and joints
- helps control weight to decrease the risk of many diseases
- boosts energy and promotes sound sleep
- helps you feel good about yourself and happier in general

Kids are naturally physically active, but you can help them stay that way by encouraging movement as a way to stay healthy. Adults need at least 30 minutes of physical activity most days and kids need at least 60 minutes of physical activity every day of the week.

**Make it easy to be active** by planning activities for the whole family to enjoy two or three times a month. Take a family bike ride, plant and tend a gardening project, walk at a nearby park, or hike a new trail. Ramp up the physical activity of household chores by mowing or raking the lawn together, dancing to music while cleaning the house, or walking the dog together each day. Ask your children to help plan the activities.

**Set a good example.** Make a regular date to walk with friends and neighbors so kids and adults can enjoy each other's company or participate in a community activity like a fun run or group aerobics class. Learn how to do the things your kids do, such as inline skating, roller blading, riding a scooter, playing soccer or swimming—and then do them together.

**Move more and sit less.** Reduce the amount of your family's TV watching by substituting choices that increase active play. Keep a list of fun, alternative activities posted on the refrigerator or on the TV to inspire a change in behavior. Take time to tour a local museum, zoo or historic site, and enjoy walking and talking as a family as you and your kids learn something new.

**Make play safe** by creating an area in your home where kids can be active without hurting themselves or causing damage to household items. Always provide safety gear when needed like a helmet, pads or goggles. As a role model for young people in your life, you play an important role in making sure that kids are moving every day. As a family, make a list of activities you can start doing right away and post the list in a prominent place as a reminder to get and stay active.

