



## **10 Tips For A Healthy Living Family**

Exercise and eating well are two components of healthy living. Making wellness a priority for the whole family can be difficult at first, but over time, it can become a new lifestyle for all!

1. Health and wellness start at home. Children love to learn and imitate what their parents and older siblings do. Be a role model for your children and show them how activity is a part of your daily life. Turn off your TV and step into life!
2. The incidence of childhood obesity continues to increase in America today. To combat obesity, teach children to choose foods wisely. Provide healthy snacks and desserts such as fruits, sherbet, pudding or low-fat crackers/chips. Children observe and want what others around them are eating, make sure everyone is eating healthy!
3. Everyone should monitor portion sizes of their food intake. Many portions are unbalanced – usually eating much more carbohydrates/starches (breads, pastas, sweets) and far less fruits and vegetables. Dieticians recommend meals consist of ½ vegetables, ¼ meat and ¼ starches, with milk to drink!
4. Make mealtime fun. By adding color to your plate you also add zest as well. Making funny faces or shapes can change a child's appetite, especially when it comes to eating vegetables!
5. Children can help prepare meals in the kitchen too. They can set the table, mix ingredients, tear lettuce, wash vegetables, etc. When kids take an active part in making the meal, they'll be proud to serve and eat it!
6. Most people are dehydrated every day - drink enough water to keep hydrated! When you get the feeling of being thirsty, you're already dehydrated! Prevent dehydration by drinking lots of water and non-caffeine drinks throughout each day.
7. Increase daily activity throughout your day. Park away from your desired location so walking becomes a part of your every day life. Take the stairs up a flight instead of waiting for the elevator. A few minutes of exercise built into each hour of each day add up fast.
8. Get outside! Ride a bike, play games or catch, or walk the dog. If you don't have a one, then ask a neighbor to walk theirs. You'll get fresh air, exercise, and do your neighbor a favor -- all at the same time! Recent studies show that exercise in three 10-minute segments can be just as beneficial as one 30-minute session.
9. Too cold or rainy outside for a walk around the neighborhood or in the park? Go to the mall and walk while you shop! Plan ahead so the weather is not a factor in keeping up with your exercise routine. Join a fitness club or gym where the whole family can exercise at the same time. A variety of equipment will satisfy all desires for varied forms of activity and can be a family event.
10. Incorporate fun and excitement into your home every day. Make your home into an inviting place to live. Keep stress at a minimum and focus on the important things in life – the things that *really* matter. These can foster healthy living for the body, mind and spirit.

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