CREATING HEALTHY FAMILY LIFESTYLES

Healthy habits, healthy families

Children and adults who regularly practice these healthy habits have more energy, get sick less often, and are more positive about life in general. Which new habit do you want to try first?

1. **Eat more fruits and vegetables**: Start by eating one fruit or vegetable at one meal a day and gradually increase the number of servings to at least five fruits and vegetables each day.

2. **Drink more water**: Keep a pitcher of water in the fridge instead of fruit juice. Flavoring water with oranges, limes, or a little bit of fruit juice can make drinking water more fun and delicious. For a change of pace, give flavored seltzer water a try.

3. **Move more**: Plan family activities such as hikes, dance parties, or relay races!

4. **Spend less time sitting**: Watching less TV and limiting computer, tablets, or cell phones can leave more time for healthy activities.

5. **Create sleep routines to wind down before bed**: For kids, it can be as simple as a bath, a story, and brushing teeth before being tucked in.

6. **Celebrate as a family**: Special events can include everything from birthdays and holidays to achieving a health goal you set as a family! Make sure to celebrate it all.

If you want to participate in the Family Health program, call a health coach at 1-866-778-6073 (TTY: 711) or log in to MyHealth OnLine to chat.