

Wellness for Your Family

Easy ways to build healthy habits with your children.



Wellness is a big word.

Meaning, it's about more than just eating vegetables and running on the treadmill.

It's about balance – about making sure you're taking equal care of your physical, mental, and emotional health.

That's what we want to help your family do with *Wellness for Your Family*. It's a booklet with accompanying weekly challenges to help you and your children set new health goals. First, we'll go over some wellness basics and tips. Then, we'll give you some fun activities to try as a family.



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Ready to get started?

Flip the page to see how this all works.

Introduction:

In this booklet...



You'll find four chapters, each on a different wellness topic.



**healthy
eating**



exercise



**mental
health**



family fun

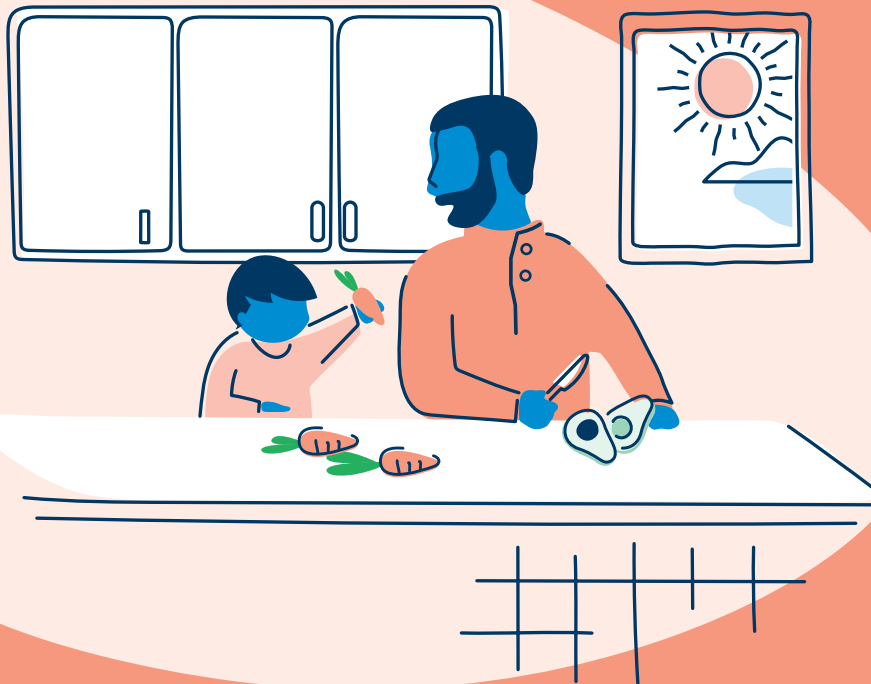
Before you start completing challenges, you should read the booklet with your family. Each chapter explains the importance of its topic for achieving better health.

Then, you'll move onto the 8-week challenge. You and your family will try a new activity from each chapter every week. You'll keep track of the ones you tried by marking off your **Weekly Challenge Grids**. For easy instructions on how to complete your challenges, flip to page 22.

Now that we've covered the basics, let's move onto the first chapter.

Chapter 1:

Eat better — together



Maintaining a healthy diet can be tough. When your family is juggling lots of responsibilities — whether it’s school, work, clubs, or all the other daily to-dos on your schedule — it’s easy to be less mindful about food choices. But prioritizing healthy eating is one of the best things you can do for your family.

Not only does eating smart keep your family energized and nourished, it also prevents chronic conditions like heart disease, diabetes, osteoporosis, and cancer. Plus, research shows that parents’ eating habits have a huge influence on their kids. So leading by example is a great way to keep your child(ren) on track with their diet.

How to get started:

Don’t feel pressured to totally change your eating overnight. Start slow by adding more nutritious foods to your meals. Whole grains, lean protein, healthy fats, and fresh fruits and veggies are some healthy staples that you should try to include each day.

Sources: [CDC.gov](https://www.cdc.gov)

Healthy eating ideas:

Each week, try a new healthy eating activity with your family. Check out some fun ideas below.

Keep track of the ones you try on your **Weekly Challenge Grids**. Flip to page 22 for easy instructions on how to complete your weekly challenges.

<p>Pack your own lunch</p> 	<p>Fill half your dinner plate with fruits and veggies</p>	<p>Skip fried foods</p>	<p>Have a fruit smoothie for breakfast</p>	<p>Buy a reusable water bottle</p>	<p>Have a screen-free dinner</p>
<p>Make dinner as a family</p>	<p>Make a healthier version of your favorite meal</p>	<p>Clean and reorganize your fridge</p>	<p>Replace soda with water</p> 	<p>Write your own challenge</p>	<p>Choose whole fruits in place of fruit juice</p>
<p>Try a meatless dinner</p> 	<p>Create a healthy grocery list and shop together</p>	<p>Batch cook a recipe and freeze for later</p>	<p>Create a healthy meal idea board for the kitchen</p>	<p>Pre-portion snacks for the week</p>	<p>Plan your dinners for the week</p>
<p>Write your own challenge</p>	<p>Bake a healthy dessert</p>	<p>Try a new fruit or veggie</p> 	<p>Choose whole grain bread instead of white</p>	<p>Plant an indoor herb garden</p> 	<p>Throw a healthy pizza party</p>

Sources: NIH.gov and CDC.gov

Chapter 2:

Move more every day



On busy days, squeezing in some exercise can end up taking a back seat to your family's to-do list. But it's more than worth it to fit in some movement when you can. In the short term, getting active has immediate benefits, both for kids and adults. Just a little exercise can brighten your mood, reduce stress, sharpen focus, and improve sleep.

Long term, the benefits get even better. Consistent exercise helps prevent heart disease, stroke, diabetes, and cancer. It's also great for everyone's mental health, since it lowers the risk of depression and anxiety, Alzheimer's, and other types of dementia. All in all, research suggests that regular physical activity is key to a longer, healthier life — so committing to daily exercise is a no-brainer for you and your family.

How to get started:



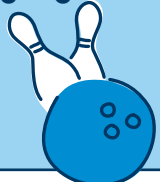
A common mistake when starting a workout routine is trying to do too much at once. Start small by adding in activity where you can, like a quick 10-minute walk around the block. Then, work your way up to longer, more frequent workouts.

Sources: CDC.gov

Exercise ideas:

Each week, try a new exercise activity with your family. Check out some fun ideas below.

Keep track of the ones you try on your **Weekly Challenge Grids**. Flip to page 22 for easy instructions on how to complete your weekly challenges.

<p>Have a dance-off</p>	<p>Write your own challenge</p>	<p>Go for a bike ride</p> 	<p>Join a local sports team or fitness class</p>	<p>Have a pushup competition</p>	<p>Learn a yoga pose</p>
<p>Create a new workout playlist</p> 	<p>Shoot hoops at a local basketball court</p>	<p>Visit a park</p>	<p>Try a new fitness video</p>	<p>Organize a community kickball game</p>	<p>Dance to music while you do chores</p>
<p>Go for a hike</p>	<p>Go ice skating</p> 	<p>Take the family pet for a walk</p>	<p>Play a game of tag or frisbee</p>	<p>Check out a new playground</p> 	<p>Set up an obstacle course</p>
<p>Write your own challenge</p>	<p>Take a walk around the neighborhood</p>	<p>Fly a kite</p>	<p>Learn a hula hoop trick</p>	<p>Sign up for a charity walk or run</p>	<p>Plan a bowling night</p> 

Sources: NIH.gov

Chapter 3:

Take care of your mental health



It's no secret that parenting can take a toll on your mental health. Some days, you may feel pulled in a million directions — and when you're trying to take care of everyone else, you might end up neglecting yourself. Unfortunately, kids aren't immune to mental health struggles, either. In fact, rates for depression and anxiety in children have been steadily climbing over time.

Luckily, there's plenty you can do to build better mental health habits as a family. Being supportive, practicing open and honest communication, and spending plenty of quality time together are all excellent, research-backed ways to start. These approaches can help you and your child(ren) achieve better mental health together, which comes with a bunch of powerful benefits — like lower risk for mood disorders, obesity, diabetes, heart disease, and stroke.

How to get started:

Set aside some time at the end of each day to slow down and de-stress. Try to disconnect from devices and take a break to do something peaceful and relaxing, like reading or writing in a journal.

Sources: NIH.gov

Mental health ideas:

Each week, try a new mental health activity with your family. Check out some fun ideas below.

Keep track of the ones you try on your **Weekly Challenge Grids**. Flip to page 22 for easy instructions on how to complete your weekly challenges.

Have a screen-free night	Write your own challenge	Give yourself a compliment	Set 15 minutes aside for a favorite hobby 	Do a deep breathing exercise	Call an old friend
Meditate for 10 minutes	Take a bubble bath 	Write down what you're grateful for	Share how you're feeling	Draw a picture or color	Volunteer for a cause that's important to you
Journal about your day	Have a zoom date with friends or family	Listen to your favorite music	Go to bed 30 minutes earlier	Take a nature walk	Give someone a hug 
Write your own challenge	Do something nice for a friend or neighbor	Cuddle with a pet 	Try a yoga video	Create a nighttime reading routine 	Write a poem

Sources: CDC.gov

Chapter 4:

Make the most of family time



Family time is critical for children’s development. Studies show that a child’s sense of being cared for and supported by family — also called connectedness — promotes healthy development during formative years. Kids who spend regular quality time with their family tend to have higher self-esteem and experience more positive emotion. They’re also at a lower risk for many negative health outcomes, including mental health issues like depression.

You’re likely already spending lots of time with your child(ren) — getting them ready for school, making their meals, helping with homework. But if you have a packed calendar, it’s easy to rush through these tasks without being fully present. That’s why it’s a good idea to set aside some time each day to talk, laugh, play, and connect.

How to get started:

Like any plan, it’s easier to keep up with family time when it’s on your schedule. So put your calendar to work: plan it like you would any other important date or appointment.

Sources: CDC.gov

Family ideas:

Each week, try a new family activity with your family. Check out some fun ideas below.

Keep track of the ones you try on your **Weekly Challenge Grids**. Flip to page 22 for easy instructions on how to complete your weekly challenges.

Host a game night	Write your own challenge	Volunteer at a local charity	Create a family photo album	Try a new craft 	Go stargazing
Visit a museum 	Plan a weekend day trip	Tell ghost stories in the dark	Visit the library	Play charades	Create a time capsule
Build a pillow fort	Go to the zoo	Have a movie night 	Make up a dance	Have a campout in the living room	Learn a magic trick 
Write your own challenge	Make a scavenger hunt	Go bird watching	Do a puzzle 	Have a karaoke night	Draw your family tree

Sources: CDC.gov

Week 1

Now, onto the fun stuff. If you've finished reading all four chapters, it's time for your first week of challenges. Use this handy grid to keep track of the ones you try. Here's how it works:

- 1 Pick one activity idea from each chapter and complete it.
- 2 Use a pen to mark off the corresponding square on the grid. You could write which activity you completed, or simply make a checkmark.
- 3 Once you've filled all four squares of the grid – congrats! You're done with your challenges for the week.

Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge



Week 2

Keep track of your week 2 challenges using this handy grid.

Fun fact

You burn more calories sleeping than you do watching television.

Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

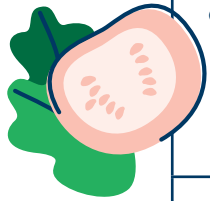


Week 3

Keep track of your week 3 challenges using this handy grid.

Fun fact

Bananas can help improve your mood.



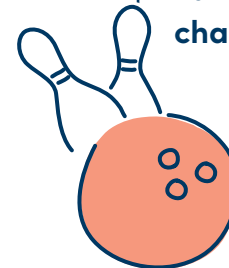
Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

Week 4

Keep track of your week 4 challenges using this handy grid.

Fun fact

Walking 10,000 steps is equivalent to walking 5 miles.



Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

Week 5

Keep track of your week 5 challenges using this handy grid.

Fun fact

Exercise will give you more energy even when you feel tired.

Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge



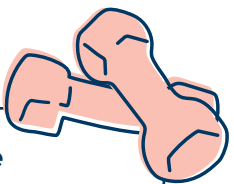
Week 6

Keep track of your week 6 challenges using this handy grid.

Fun fact

Colorful fruits and veggies are the richest in vitamins, minerals, and antioxidants.

Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

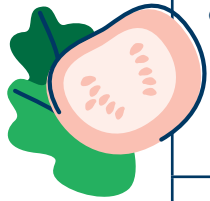


Week 7

Keep track of your week 7 challenges using this handy grid.

Fun fact

Your brain generates enough electricity to power a lightbulb.



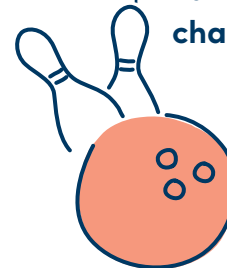
Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

Week 8

Keep track of your week 8 challenges using this handy grid.

Fun fact

Your heart is the hardest working muscle in your body.



Healthy eating challenge	Exercise challenge
Family fun challenge	Mental health challenge

A quick note of congrats



It looks like you've finished Wellness for Your Family. We hope each week brought fun, adventure, and plenty of ideas for how to build healthy activities into your family's daily life.

We encourage you and your children to keep going on your wellness journey. There are so many ways to live a healthy life, and the ideas included in this booklet are just the beginning. Keep trying new challenges — and make a habit of the ones you enjoy. In no time at all, you and your family will be on the path to better health.

And remember, we're always here to help. Give your wellness coach a call for more healthy living tips, support, and answers to all your wellness questions.

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