

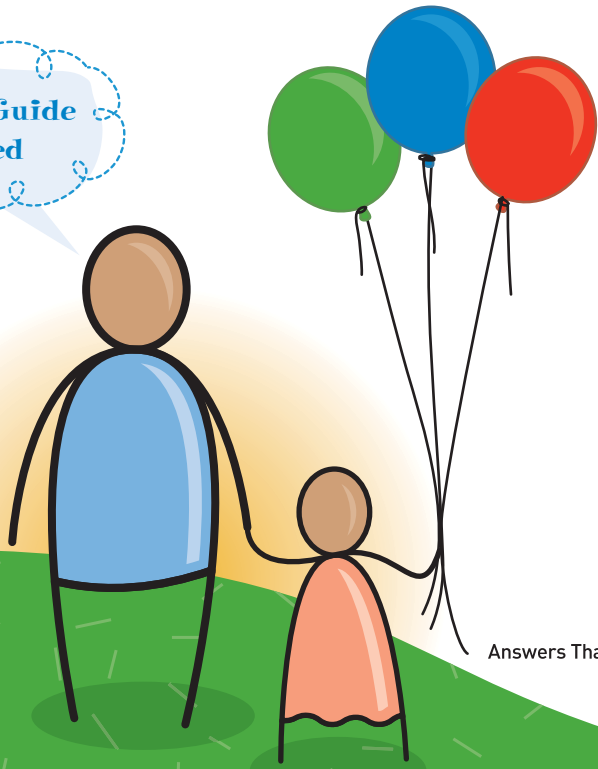


Healthy Family Home™

A community partnership with the YMCA

Starter Kit

Grown-Up Guide
Included



Lilly

Answers That Matter.





Healthy Family Home™

A community partnership with the YMCA

Starter Kit

Welcome, grown-ups and kids, to the **HEALTHY FAMILY HOME™ Starter Kit.**

Grown-ups and kids, use this kit to help improve your home environment and jumpstart healthy habits that will lead to a healthier way of living. This kit will support and encourage the whole family in making nurturing, wholesome choices throughout each day.

Congratulations for taking this step! Are you ready to get your family more active and healthy?

Keep reading and have fun on your new Healthy Family Home™ adventure!

Our Family Checklist:

Ready

- Grown-ups, read your guide to the Starter Kit (starts on page 18)*
- Kids, draw your family's home (see next page)*
- As a family, complete the Home Assessment (see next page)*

Set

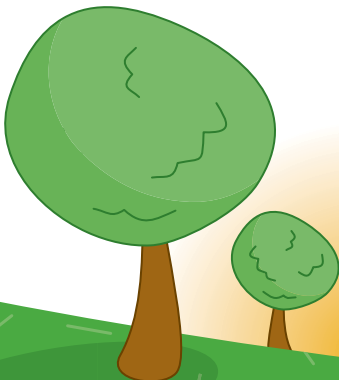
- Make a Healthy Family Home™ Tracking Poster (see page 16)*
- Set family goals*
- Plan weekly Healthy Family Huddles*
- Kids, pick activities for the week*

Go

- Have fun with activities*
- Keep track of progress on the Healthy Family Home™ Tracking Poster*
- Set new goals or revise old goals*

Keep going weekly

- Meet to review or set goals*
- Kids, pick activities for the week, or create new activities and/or modify activities*
- Participate in a variety of activities (try something new)*
- Celebrate success and progress*
- Go to www.HealthyFamilyHome.org and tell us your success story or share your favorite activity*



Draw Your Home

Kids, you will need paper and crayons or colored pencils. Draw what your home looks like to you. Show family members participating in physical activities, and include some of your favorite fruits and veggies. Next, talk about the drawing as a family – everyone, express your thoughts on what “home” means to you and your idea of a healthy family home. You’ll then be ready to think of projects, activities and goals that interest the whole family.

Our Happy and Healthy Home

Let’s see how healthy our family home is...

Have fun with this **Home Assessment Checklist** and turn it into a game in which everyone can participate. Give everyone a “job” – one person keeps time, another records the points, another runs to get items while another adds up the scores. Keep track of your score and do the assessment again in a few months. Remember, a healthy family starts at home.

Instructions: Find a piece of paper and use a pen or pencil to write down your points. Use a clock or a stop watch and begin with the following tasks. Add or subtract points accordingly. Good luck and have fun!

1. *Open your refrigerator and, as fast as you can, count out the different types of fruits and vegetables.* Add one point for each. For

example, add one point for apple, one point for celery, one point for orange, one point for a package of carrots, etc.

2. *As fast as you can, find a ball or Frisbee that could be tossed around outside for a game of catch.* (Add two points if found in under two minutes, one point if under five minutes.)
3. *Are there stairs in your home or building?* If yes, quickly go as a group and walk up and/or down the stairs. Count the total number of stairs in your home or building. Add one point if everyone walks the stairs every day.

Getting Started Reminders

- **Made with you in mind!** The YMCA is responding to families like you who want to take action and build healthier lifestyles.
- **It is all about you!** The Healthy Family Home™ program will work with your schedule and your individual family goals.
- **Set your family’s pace!** Every family will move toward a healthier home at their own speed. This program was created to support your family’s tailored goals, choices and healthy habits.
- **It’s a YMCA thing!** The foundation of this program may sound familiar to you because it is the YMCA’s mission to emphasize the importance of health in spirit, mind and body for all and the belief that healthy children come from healthy families.
- **Hey, grown-ups!** Be sure to read the **Grown-Up Guide** (starts on page 18) before getting started.

4. *Give one point for every family member who ate breakfast yesterday morning.*

5. *Did everyone play or participate in physical activity as a family over the past three days?* If yes, add one point.
6. *Over the past week, did you eat a meal together as a family?* If yes, add one point for each family meal. Give an extra point if the meal was healthy (low in fat, low in sugar and salt).
7. *Start the timer, or note the time on a clock.* As fast as you can, get the whole family to put on their walking shoes and, as briskly as possible, walk around the block. Stop the timer once you all get back into the home. Note the total amount of time it took to take a brisk family walk around the block. This family walk can become part of a daily routine. It only took ____ minutes. (Add one point for completing the activity.)
8. *How many televisions and computers are in your home?* Give your family one point for each television or computer if it is currently turned off.
9. *Grab seven food items out of your cabinet and bring them to the table.* Sit down at the table as a family and locate the food labels on each item. How many food items have added sugar or high-fructose corn syrup (HFCS)? (Subtract one point for

each product.) How many food items have whole grain listed as an ingredient? (Add one point for each product.)

10. Tally up the family's total points for this list of activities, and discuss the activities. Ask some of the following questions:

- *What did you learn from this activity?*
- *What could the family change or do differently to improve the health of the home?*
- *Who will do something different, and what will he or she do?*
- *What changes can we make over the next week, month or three months to improve the health of our home?*

Today's Date: _____

Our Healthy Home Total Score: _____

Points

Make it a family goal to take this quiz again in three months and see if your family can increase its total score.

Date: _____

Our Healthy Home Total Score: _____

Points





**Play
Every Day**



**Eat
Healthy**



**Family
Time**

There are three keys to creating your healthy family home: play every day, eat healthy and make family time. It's easy (and fun!) to develop healthy habits in all three of these areas. We've included some great ideas here to help you get started. And the Grown-Up Guide gives you even more explanation about the benefits of incorporating these keys into your daily home life.

Play Every Day

Keep it movin'

You don't have to be an athlete to have a healthy, active lifestyle. In fact, when the whole family makes play a priority, you'll have so much fun, you might not even notice how it all adds up to lots of physical activity.

Adding short periods of light activity to your day helps you stay at a healthy weight. It also protects you against diseases and gives you the energy to have fun every day.

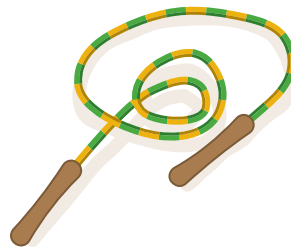
One key is to stay on the lookout for ways to make everyday chores and routines more active. Think of it... you could literally *run* an errand

rather than riding in a car, race to meet the school bus or put on music and dance while cleaning up after dinner.

Another good strategy is to plan several 10-minute activity breaks throughout the day so that they add up to an hour. Discuss what activity routine works best for each family member.

Play harder, get stronger

In addition to lively everyday play, your family plan for health should include sessions of more



energetic activity several days a week. Pick games and sports that encourage repetitive movements and cause sweating

and hard breathing, such as jogging, biking, basketball or tennis. Try to stay at it for at least 20 minutes each time. Don't forget to spend time outdoors, where the whole family can move freely, climb hills, conquer rough terrain and enjoy sunshine and fresh air.

Team spirit

Grown-ups and kids can plan, work and play together. Whether it's a game of basketball (kids against adults!) or a group yard-work session, it's a time for both kids and adults to show off their skills in teamwork, good sportsmanship, problem solving and more. It's also an opportunity to learn about *character development*: caring, honesty, respect and responsibility are the YMCA's core values (and probably yours, too).



Real life is real fun

Watching television and playing video games can be enjoyable, but it can be even more fun and rewarding to spend time together doing other activities. It's healthier, too. Watching television makes it tempting to eat and drink too much junk food. Sometimes you might not notice how many potato chips you've eaten until the whole bag is gone! As an experiment, the next time you watch TV, count how many junk-food commercials you see! Virtual entertainment also takes time away from healthy real-life activities like making friends, playing outside and learning.

As a family, talk about how much time each family member should spend in front of a screen each day. Listen to everyone's ideas on better uses for that time and select healthy, active, fun things the whole family can enjoy during that time instead.





Consider a physically active family holiday, weekend or vacation. You might spend a weekend on a cycle tour, a walking tour, or go camping or backpacking.

Easy-Does-It Family Tips

- **Make outdoor chores part of the fun!** Rake leaves together and take turns jumping in the pile (yes, you'll have to rake a few leaves a second time, but it's worth it!). Shovel snow and make a snowman or fort. Mixing in play makes work (and physical activity) easier.
- **Walk to the mailbox instead of driving.**
- **Shoot a few baskets together before dinner.**
- **Replace video or computer game time with an active game,** or play hop scotch together outside (or, if the weather is too cold, make the game with masking tape on your family room floor).
- There's still a place for sedentary fun. But you'll all enjoy that movie even more after you've earned it with some sweat!




 Plan a weekly family breakfast (or other outing) for which you are the transportation. Skip the car, bus or train, and ride bikes, walk or jog/run. Make getting there a physical activity.

 Turn up the music and do chores together (clean the house, wash windows, do laundry, etc.).



Designate one evening a week as Family Activity Night. Go bowling, roller skating or take advantage of family swim at your YMCA or other community pool. Sign up for a class involving physical activity, or find something everyone likes or will try!

 Set up a badminton net in your backyard or at the park. Play badminton, or be creative and make up your own game (for example, your own version of volleyball, keep the ball off the ground, etc.).



Design a family obstacle course. Set up various stations and be creative in the types of activities at each one. You might try hula hoop, jump rope, push-ups, abdominal crunches, jumping jacks, lunges, squats, marching in place or “wall sits.” Set a timer and have family members move around to each station and perform the activity for one minute. Increase the time by 30 seconds as the family begins to master each station.



Take a family trip to the mall, but make it a rule that before you can go into a store, you must first walk a lap around the entire mall. Window shop as you go.



Wear a pedometer (a gadget that counts your steps) and track your movement. Everyone in the family can wear one and compare steps at the end of the day. Set goals or have contests. Decide together on an award for the most steps in one day or one week.



After family dinners, turn on music and dance, play musical chairs or make up a family dance routine/skit that you practice a couple of evenings a week.



Start a healthy habit for the whole family: designate Saturday mornings (or any other time that works for your family) as “family walk time.”

Easy-Does-It Family Tips

- **Find a way for your kid(s) to walk or bike to school.** Childhood obesity rates have soared as walk-to-school habits have plummeted. Many experts feel this is no coincidence. Kids in the middle grades can head out with a friend or sibling, and younger ones with a grown-up.
- **Set the timer when a family member is on the computer or game system.** Agree in advance how long the session will last. When it’s done, it’s done. Praise “quick logoffs.” If you or your kid is really hooked, cut screen time gradually and help each other find more active alternatives. Remember that when it comes to behavior, you can’t replace something with nothing.



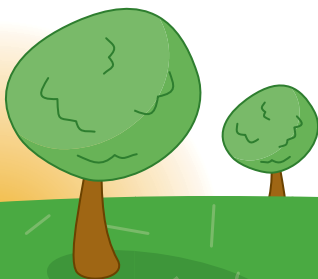
Set a house rule of no more than two hours per day of screen time. And make sure the rule sticks! Keep moving instead of viewing.



Turn off the TV during family meal time. Give your time and attention to each other instead.



Meet as a family and talk about how you can reduce the number of TVs in your home. Keep TVs and computers out of the bedrooms. TVs in the bedroom can get in the way of family time. Sitting alone in a room in front of a screen separates you from your family and decreases interaction. Also, kids with a TV in the bedroom watch about an hour-and-a-half more TV each day than kids with a TV-free room.



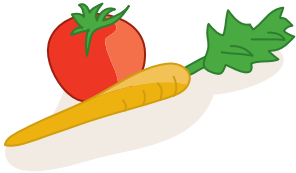
Eat Healthy

Crunch each time you munch

The delicious crunch of fruits and veggies should be part of every meal and snack your family enjoys throughout the day. Eating lots of fruits and vegetables is important for your whole family's health. Every body needs the vitamins and minerals that these colorful foods provide in order to grow and stay strong, energetic and free from illness. Research shows that getting enough fruits and veggies in your diet (at least five servings per day) helps lower your chances of developing heart disease, stroke, high blood pressure, diabetes and some types of cancer. Plus, they make quick, easy and affordable snacks.

Color your meals

A simple way to feel confident that you're making healthy choices is to make sure that your meals are colorful.



The orange carrots, green spinach, red tomatoes and purple cabbage all

tell you you're preparing something that is great for your health. Let colors guide you to healthy choices for everything you eat. Brighten your meals and snacks with colorful fruits and veggies, and you can feel confident that you're on the path to great health. It's that easy!

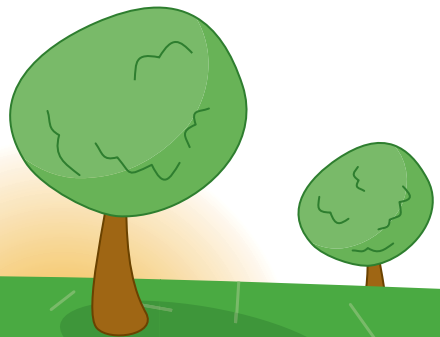
H₂O is the way to go

One of the simplest and most important things you can do for your health is drink water. The human body is made up mostly of water (55–70%, if you can believe it!). Our bodies rely on water to help perform every function. This means your body uses lots of water and needs you to replace it constantly. Humans can survive for weeks without food, but only for a day or two without water. That's how important water is! It may seem strange, but many liquids do not give you the water you need.

Make water your first choice every time. It's especially important during warmer seasons and after vigorous physical activity. Make it the drink of choice at meal times. Remember that H₂O is the Way to Go! Remind each other to drink at least eight glasses of water every day.

Mix it up

When planning meals or snacks, try to include all food groups (whole grain, protein, dairy, fruit, vegetable, healthy fats/oils) and aim for more than two colors on the plate.



Just the facts, ma'am

Easy-Does-It Family Tips

- Choose whole-grain breads and pastas instead of those made with white flour. If you order pizza, go with the thin crust. If it's offered, whole wheat. Earn extra points for topping it all off with veggies.
- If the family is used to drinking sugar-sweetened beverages, work to limit these or phase them out. Start with "water day" once a week at meals, and gradually increase the number of water days per week.
- Make it a priority to eliminate sugar-added juices and other sugar-sweetened beverages, including sports drinks. For many families, removing this temptation at home can make a major difference.

Nutrition Facts

Serving Size: 2 pieces (34g/1.2oz)
Servings per Container: 4

Amount Per Serving			
Calories	160	Calories from Fat 10	
% Daily Value*			
Total Fat	9g	14%	
Saturated Fat	5g	26%	
Trans Fat	0g		
Cholesterol	15mg	4%	
Sodium	40mg	2%	
Total Carbohydrate	21g	7%	
Dietary Fiber	1g	3%	
Sugars	19g		
Protein	1g		
Vitamin A	2%	Vitamin C	0%
Calcium	0%	Iron	0%

Reading the "Nutrition Facts" label on food and beverage packaging is key to taking control of your family's health. Make it a habit to check the nutrition label every time you pick up something at the grocery store or

convenience store. Remind each other, "Just the facts, ma'am!" and together you can make better decisions about the products your family enjoys. For tips on reading nutrition labels, please go to www.HealthyFamilyHome.org

Thumbs down to added sugar

One great way to improve the overall health of your whole family is to cut out the added sugar. It can be an easy step (and help save money) if you pay attention to food ingredients. Look closely and you'll see that drinks, baked goods, candy and sweets tend to have lots of added sugar.

Resist keeping sugar-sweetened beverages in your home, so they are not handy. When serving juice, make sure it is 100% juice with no added sugar. An easy way to cut back on the natural sugar in juice is to add water (which also saves you money). Add seltzer water (the sodium-free kind), and you've got a tasty juice spritzer! Find ways to make healthy drinks — like water — more fun by adding fresh or frozen fruit (lemons and limes are great) or fizzing it up with a little seltzer water.

Easy-Does-It Family Tips



- Set out raw fruits and veggies, low- or no-salt-added nuts and lean proteins when you or your kids are hungry, such as after school, work or sports. If some family members don't like cooked vegetables, try raw green beans or snap peas. Over time, the ideal scenario is to get your family used to a wide variety of flavors and textures. In the meantime, tuck veggies (especially dark greens) into marinara sauce, tacos or other kid favorites.



Watch for saturated fat

Food labels give you the “goods” on different kinds of fat. Saturated fat is “lousy” and is associated with “lousy” cholesterol, the kind you want to limit. Check labels and choose foods with mono-, poly- or unsaturated fat (like the fat found in nuts, fish and olives). These fats may help to reduce lousy cholesterol. Keep in mind that fast food often has a lot of lousy (or saturated) fat. When it comes time to choose, just say, “Not today saturated fat.”



  Check your cabinets. Pull out some food items that have nutrition labels and sit down as a family to review the serving size of each item. Have each person locate the serving size on one item and then use measuring cups to get a visual idea of how much food it

actually is. Once you’ve done this, discuss how many servings of that item you normally eat. Is it two to three servings? More? Write down the number of servings you normally eat and go back to the label to figure out your intake of fat, fiber, sugar, etc. For example, if one serving of a food item contains five grams of fat, but you normally have four servings, that means your total intake is 20 grams of fat for that particular food item. This one food choice, at four servings, could be close to your total recommended fat intake per day.



Sit down as a family for breakfast and measure out the cereal and milk poured into each person’s bowl. Determine how many servings you normally eat. Remember, the recommended amount of cereal flakes (one serving) is one cup – about the size of an average fist.





Decorate special water cups for the family (everyone gets his or her own cup). Use markers, stickers, sports decals and glue, or whatever you like. Wash cups as a family each evening and let them air dry overnight.



Have a grocery-store scavenger hunt. As you shop, find some of your favorite foods and check to see which items have three or more grams of fiber and less than five grams of sugar per serving. Those are the foods to gather into your cart!

Easy-Does-It Family Tips

- **"Everything in moderation"** still holds true: what's life without a little chocolate or the occasional onion ring? Just remember, these foods are located in the tiny band (fats and oils) section in the food pyramid (www.mypyramid.gov); that's because you should have less of these kinds of foods than you do of fruits, vegetables, grains and dairy foods.
- **Don't get discouraged if you've had a meal that wasn't quite as healthy as planned — for instance, when you're eating on the go.** Look at your family's consumption over the course of a whole day, week or month.



Serve dinner using only measuring cups or measuring spoons. This way, everyone will be able to measure out the portions on their plates. It's a

good way to become more aware of how much food you serve yourself and others.



Make your own plate chart. On a piece of paper, draw a large circle to represent a plate. Then draw lines through the plate to divide it into four equal, pie-shaped sections. One-half (or two of the sections) should be for fruits and vegetables. One-quarter (or one section) should be for starch and grains (like rice, pasta and bread). The last quarter should be for protein (such as nuts, fish, cheese and meat). Once your chart is complete, draw a few of your favorite foods in the places they belong.



Create a reminder card. Pictures and numbers will help to remind you of serving sizes. For example:


- *A three-ounce serving of meat, fish or poultry is about the size of a deck of cards.*
- *An ounce-and-a-half of cheese is the size of four stacked dice.*
- *A cup of cereal or a baked potato is about the size of an average fist.*


Draw these on your card and keep it handy at meal time.




Easy-Does-It Family Tips


- If yours is a home where a grown-up handles all the food preparation and cleanup, involving the kids will be a big change. Kids and adults respond well if the job is broken down into manageable pieces, and if they are thanked for their help. Keep the environment fun and let everyone experience how good it feels to work together.

 Add fresh or frozen fruits to cereal, pancakes or oatmeal. Add fresh or frozen vegetables to spaghetti sauce, casseroles or slow-cooker/crock pot dishes.

 Order a pizza “easy” on the cheese, and with extra vegetables (broccoli, tomatoes, green peppers, onions, spinach, etc.). Be creative. Some pizza parlors even offer a whole-wheat crust.



 Host a salad potluck party. Put out bowls of healthy salad ingredients (chopped vegetables, lettuce, spinach, cucumbers, tomatoes, beets, garbanzo beans, sunflower seeds or other nuts). Family members can create a salad using their favorite ingredients. Invite friends and neighbors so you can share these healthy combinations!

 It's easy to add veggies! Fill your soups, stews or chili with more vegetables. You can even try

pureeing them so they'll blend in better – and you might not even know they're there! Add sprouts, cucumbers and tomatoes to sandwiches. Dip blanched (slightly cooked) or raw vegetables in hummus for a tasty snack.



Have all family members identify their favorite fruit and write each one down in a list. Then, fill a family fruit bowl with those fruits and keep it on the table or the counter. This way, everyone in the family will have easy access to their favorite fruit when they're looking for a snack.

Easy-Does-It Family Tips

- Swamped with homework or other after school activities, older kids might not have much time for weekday meal chores. Ask them to handle something quick, like unloading clean silverware from the dishwasher; or involve them in a bigger cooking project on the weekend. For example, teens who enjoy cooking could prepare a weekly meal on their own for the family. If your child wants to do this, offer to assist. He or she might enjoy giving you instructions for a change.



Play a game of “fruit-and-vegetable tag.” The rules are that you must call out the name of a fruit or vegetable

before sitting down to prevent being tagged, and you can't use any name that has already been called out.



Make your own family healthy-recipe book:

- *Sit down as a family and look through magazines, cookbooks or Web sites to find new healthy recipes.*
- *Take favorite family recipes and change them to reduce fat, salt and sugar content.*
- *Swap healthy recipes with relatives, friends and neighbors.*

Combine all the recipes you gather into a notebook or a box. Get creative and decorate it with drawings, stickers or glitter.



Conduct your own family taste test. Make a meal you'd normally eat, but skip the salt, sugar or fat (substitute skim milk for whole or 2% milk, put in one-third less sugar than what the recipe calls for, use low-fat cheese, use reduced-salt broth, etc.). Taste each dish to see if you can tell the difference. Use your taste buds to rate each dish.



Conduct a sugar experiment. Have everyone in the family grab their favorite drinks and read the label to find out how much sugar is in a serving of each. Then, use a measuring spoon to put that amount of sugar into a ziplock bag. (Hint: four grams of sugar = one teaspoon.) Mark each bag with the name of the drink and leave it out on the counter to remind everyone just how much sugar they're getting each time they pour a glass of that beverage.

Family Time

Munch as a bunch

Eating together as a family can strengthen your relationships at home and help you learn to be a better friend at school. The family meal is about being together and supporting one another.



It's also a great time to catch up on family news and discuss plans for better health.

It's important to find the time to eat as a group for one

meal every day. Planning family meals in advance will help to accommodate busy schedules.

Family time: the main ingredient

Meal preparation (and even cleanup) contributes to a healthy home life when the whole family gets involved. And, a healthy meal will taste even better when everyone had a part in making it – plus, everyone will appreciate the meal more, knowing that they helped to prepare it.

You'll get to see just exactly what goes into the food you'll be eating, and you can take this time to talk together about healthy food choices.

Easy-Does-It Family Tips

- If one-to-one outings are tough to plan, try to enrich everyday moments with more conversation and connection. If you can, grown-ups, pull one kid aside to join you for an errand, converse in the car and take the long way home. If a family member walks or bikes to school or work, try to join him or her when you can. Kids often share feelings or concerns about school or other parts of their lives during these trips. Sort and fold laundry together and chat while you work through the pile of clothes. Do the dishes in pairs.

No matter what role you play in helping to make the meal, the important thing is that you participate. Whether you measure the ingredients, help set the table, watch and learn or just sit in the kitchen while you do your homework, you can enjoy the process of creating the meal and spending time together. You'll also be working together as a family to build a healthy spirit, mind and body.

Just the two of us

Sharing time together one-to-one – even if it's only for 10 minutes a day – with other family members helps you to develop and strengthen relationships. Make the most of your one-to-one interactions and focus on being a good friend and advisor to each of your family members.

Some fun activities to practice as a family

 Eat Healthy

 Play Every Day

 Family Time



Hand out paper and colored pencils or crayons and have each child draw three activities that he or she enjoys doing with a parent or adult. Grown-ups can draw or write a list of activities they enjoy doing with family members. Compare lists and drawings to create personal activities for your family.



Create “date nights” for each child and grown-up. On a regular schedule, grown-up(s) should take each child out for a one-to-one activity (maybe to a movie or out to dinner). Making a commitment to schedule time together will mean a great deal to both parties.



Set aside at least 10 minutes of “special time” for each child every night at bedtime. Use this time to read, talk about the day or sing a song together.





Schedule a monthly lunch date. Go to a special place for a meal, or just go for a walk to the bagel store before school.



Grown-ups, be spontaneous. One day, if you sense it would be fun and helpful for your child, take the day off from work and have a fun day together, at home. Stay in your pajamas, enjoy hot chocolate or a cup of soup together, and watch a movie together.



Grown-ups, plan a surprise lunch at school. Visit the school, if allowed, and have a fun, healthy lunch with your child.



Plan a small and personal field trip somewhere you've never been. For example, visit an aviation museum, the race track or a working dairy farm, or take a tour of your city's municipal water system.

Easy-Does-It Family Tips

- If work and activity schedules make family dinners impossible, first see if any commitments might be changed. What could you streamline or even drop to make dinners together possible? If you can't shuffle things, then grab other chances to sit and eat with your kids. How about weekend breakfasts, lunches or snack times?
- Bedtime is perfect for one-to-one time that can help kids sleep better and dream happier. Good sleep helps everyone fight off illnesses, regulate hormones and focus better during the day, so this one-to-one time is a great investment in your kid's health. Take turns reading out loud to each other, or just let your child listen to you read. Many experts recommend 20 minutes a day of parental reading, even after kids learn to read for themselves. Don't have 20 minutes? Plenty of terrific children's literature comes in chapters that take 10 minutes or less to read. Ask your school or local librarian for short-chapter suggestions.

Easy-Does-It Family Tips

- Mealtime is perfect for family conversation, as long as you don't expect it to be, well, perfect. Kids may get tired, moody or goofy and might not respond to a barrage of questions. Grown-ups may be tired and have little to say. Try this simple communication tip: instead of asking about the day, say something about yours and see who responds. Many kids talk more when grown-ups use comments rather than asking questions. Don't believe it? Switch out, "What did you do in math?" with, "You know what I was thinking about today? That time when Maria was two and locked us all out of the house in the rain." Conversation guaranteed! Or, kids, share one of your memories or favorite family stories.



Sign up for a class as a family – it could be a dance class, a science class, an Italian class, or a craft or art class.



Go for a walk together in the morning before school or work, or make it an after-dinner walk.



Create a nonverbal communication system for your home. You can make and decorate a special mailbox and use it to leave personal notes for each other on a daily basis. The notes can express encouragement and support, or they can be about something that is causing you anxiety or concern but that you don't feel comfortable talking about.



Volunteer together somewhere that interests all of you – maybe a local soup kitchen, a walk/race event or an animal shelter.



Keep a log of family time spent together each day. Record who was there, what you did and what you talked about. At the end of the week, go over the log as a family. You might be surprised at how easy (or how difficult!) it was to find time to be together. If you continue to keep a log, it might help you to schedule more time together as a family.

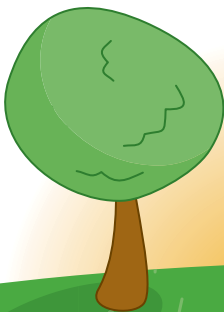
Healthy Family Home™ Tracking Poster

Kids, using a poster board or construction paper, draw a chart with at least three rows (identifying family goals) and nine columns, as shown on page 17. Decorate the frame of the poster with



pictures or words describing your favorite healthy foods, physical activities and pictures of family members.

1. *All family members identify healthy-habit goals.* Some examples include eat breakfast four days a week, walk after lunch on Monday through Friday, play outside after school on Tuesday through Thursday, allow only one hour of television viewing three days per week, or spend 20 minutes with mom every evening. Write down two or three activities the family enjoys doing together.
2. *When deciding goals as a family, turn it into a game.* Set a timer for two minutes or note the time on a clock. Ask your child to tell you about his or her healthy-habit goal(s) and listen without responding until the two-minute period has ended. Repeat or



paraphrase what you heard the child describe and then encourage him/her to tell you more. At the end, change roles and let the child ask you about your healthy-habit goal(s). Repeat for each child as necessary.

Write down a few rewards on the board ahead of time (for example, renting a movie, going to the park or zoo, reading a fun book for an hour) as a motivation for family members.

3. Remember that everyone is involved in the success of healthy family habits.
4. Display the **Healthy Family Home™ Tracking Poster** on the fridge or in another common area. Choose a location that everyone can access to view progress. Reward the family when new habits are achieved. Think of rewards that are low in cost and can be enjoyed by the whole family.

5. Use stickers or a colored marker to place a label on each day of the week a family member practices the healthy habits. Create a new board every two to three weeks and update habits as necessary for the family to continue working toward a healthier home environment.

Healthy Family Home™



Healthy Habit	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eat Healthy							
Play Every Day							
Family Time							

 = Eat Healthy

 = Play Every Day

 = Family Time



Go to www.HealthyFamilyHome.org to download a Healthy Family Home™ Tracking Poster.

Grown-Up Guide

to the Starter Kit



Healthy Family Home™
A community partnership with the YMCA



Vision Statement

The family home is the place that defines, creates and predicts a family's lifelong health and wellness. The challenge is that many families see living healthy as all or nothing. What they really need are practical tools and permission to celebrate the small wins; they need a place to start. That's what the Healthy Family Home™ program is all about. YMCA and Eli Lilly and Company have partnered to leverage two of the most powerful forces in health today — the family home and the proven impact of small, sustained changes. The Healthy Family Home™ program is backed by the YMCA and Lilly, with almost 300 combined years of experience in helping families and communities live healthier lives.

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Lilly

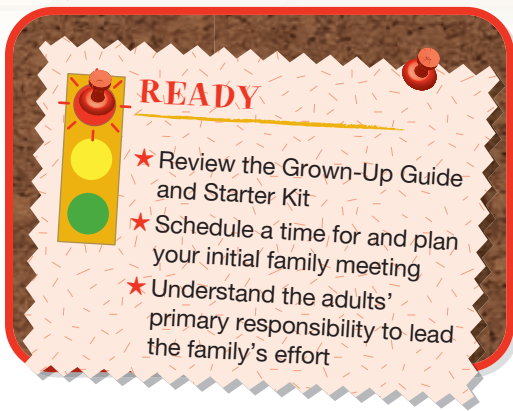
If you've switched on the news anytime recently, you know we've got some health problems in America. Too much of the wrong kinds of food plus too little exercise have combined to create widespread concerns about obesity and a host of related issues. These problems don't just stress our healthcare system — they stress us out, too. Poor health habits steal precious energy from adults, kids and families at all ages and stages. These poor habits keep us from being as productive and happy as we could be.

The good news is that most families do care about their health and want to change for the better. If your family fits that description, your

YMCA would like to work with you. YMCAs have been helping people build better health — in spirit, mind and body — for more than 150 years. They have seen countless kids and families turn their poor habits around. It really is doable. All you need is the willingness to take a few steps — together, as a family — in the right direction.

This guide is designed to give you, the adult in the home, some background information on the three key areas of building a healthy home — nutritious meals, play and family time — and the importance of your role. The family activities include symbols to show a connection between activities and goals. They are provided to help you and your family understand that an

activity can support goals from one or all three key areas: nutrition, play and family time. Also included are additional tips to help you kick off this exciting program with your family. We suggest you follow the “Ready, Set, Go and Keeping Going” theme to keep your family focused.



Kick It Off

Nobody really knows how it happened, but somewhere along the way, “health” became equated with “total lack of fun.” Yes, it’s true: some of the tastiest foods and most enjoyable activities are not healthy (cheese fries and a DVD comedy-marathon, anyone?). But good health can be good fun, too. And what better way to demonstrate that than with a low-key Healthy Family Home™ “kickoff” for your family?



You don’t need much. Find an hour on the schedule when everyone will be home and no other activities are planned. Break out a tempting – and nutritious – snack, like a big fruit salad or a bowl of natural popcorn, or set up a “sundae bar.” (Replace ice cream and the other usual suspects with yogurt, almonds and low-fat granola. The kids can help you prepare this.)

Grab some markers or crayons and a large poster board. The mission: map out your family’s home life together, with an emphasis on assets. Look for the health-related things you are already getting right, even if you’re not yet doing these things frequently or consistently enough.

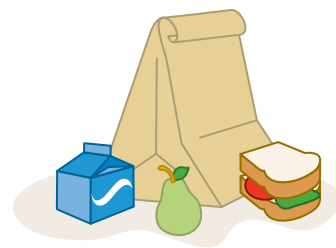
Pick a theme for your poster, such as “Our Healthy Habits” or “Healthy Things We Do Together.” Have each family member take a turn adding pictures or words. (Many kids prefer drawing, while others are natural writers.) Teens and ‘tweens might contribute a comic or caricature. Don’t be put off if they include a dash of sarcasm. (No eye rolling! Remember yourself at their age?) Encourage drawings or words that relate to physical activity and nutritious foods, and allow for plenty of creativity.

When your poster is done, use it to brainstorm together. What are we already doing well? How can we do more of that? What things do we want to work on? And, of those, which one or two do we feel ready to start right away? “Eat more fruits and vegetables” is an example of an achievable starter step. “Walk more” or “watch less TV” also are realistic goals to get you started. In general, it’s best to first target the positive changes your family can make most quickly and easily – and this can differ widely from family to family – because success breeds motivation and more success. Be realistic, but persistent. Like most worthwhile things in life, great family health is a marathon, not a sprint.



It Starts with Adults

Being the parent or other responsible adult in your home means being the kids' primary role model, pretty much indefinitely. For the youngest children, grown-ups provide virtually all



the information on how to behave, relate, communicate and take care of themselves.

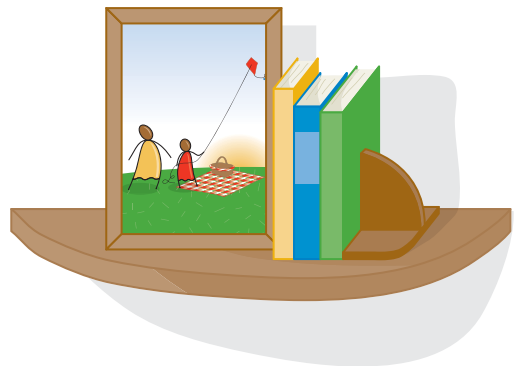
This changes

throughout the school years, with peers mattering more and more. But don't let that fool

you. Older kids, even teens, still watch their parents and adults closely and look to them for guidance by example. They still need your positive attention.

You have a tremendous impact on eating habits. After all, you buy the food. You handle much of its preparation and set the tone during meals. Every day – whether you intend to or not – you teach your kids what to eat and drink. They'll see the foods and beverages you choose and how much or how little you put into your own body, and they will model your behavior.

You shape physical activity for your family by example too. Kids are more likely to limit TV and computer "screen time" if you do, and if they have fun family alternatives. They'll be more likely to listen to your request to "go outside and play!" if you join in sometimes. They'll learn that exercise is a natural, necessary – even fun – part of life when they see you engaging in a regular exercise routine.



You don't have to be perfect. In fact, kids learn more when they see you working through frustrations, mistakes or setbacks. When you say, "I'd love to have two slices of cake but I'll have one," they'll get the message that you're making healthier choices too.

Changing habits can be difficult, especially long-standing, deeply entrenched ones. Decide which of your own habit(s) you're willing to tackle first. Then you can push for full-family change. If a change seems daunting, break it down into steps.

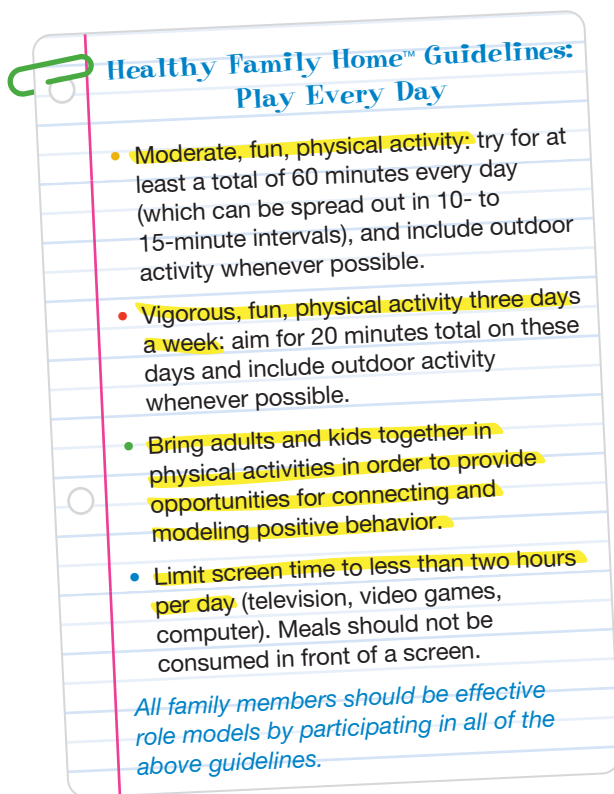
On the next few pages, you'll find ideas based on the Healthy Family Home™ guidelines. These are our “daily dozen” – the **12** things that can have a huge impact on your family's health, once they're woven into everyday life and routines. They are time-tested and evidence-based (meaning that the guidelines were created from real research on what makes some families healthier than others). And we hope you'll agree that they simply make sense. In the world of health, as well as in stress management, there is no one-size-fits-all solution. But something comes close: physical activity.

Play Every Day

Humans aren't “wired” to sit still all day. Technology may have evolved over the past couple decades to keep us seated at various screens for hours, but our bodies and minds still crave and need plenty of regular physical activity to function well.

Physical activity helps maintain healthy weight. It lowers the risk of serious health problems, such as heart disease, cancer, diabetes and many others. It also helps us sleep better, focus better and cope better. Recent clinical studies even suggest that regular physical activity, especially in groups, is a potent weapon against depression.

Why call this section “Play Every Day”? On your own or in your family, you're more likely to start and stick with physical activity if it's fun. The goal is to work hard physically without feeling like you're working that hard. Experiment with different activities to discover what works for you, your kids and your family. In this section, you'll find a few Healthy Family Home™ guidelines to shoot for each day. Remember, check with your doctor before starting any exercise plan.



Healthy Family Home™ Guidelines: Play Every Day

- **Moderate, fun, physical activity:** try for at least a total of 60 minutes every day (which can be spread out in 10- to 15-minute intervals), and include outdoor activity whenever possible.
- **Vigorous, fun, physical activity three days a week:** aim for 20 minutes total on these days and include outdoor activity whenever possible.
- **Bring adults and kids together in physical activities in order to provide opportunities for connecting and modeling positive behavior.**
- **Limit screen time to less than two hours per day** (television, video games, computer). Meals should not be consumed in front of a screen.

All family members should be effective role models by participating in all of the above guidelines.

1 Get a total of at least 60 minutes per day of moderate, fun, physical activity. Moderate activity uses large muscle groups and increases your breathing or heart rate; ideally, you should be able to carry on a

conversation throughout the activity. If 60 minutes sounds like a lot for a busy family, don't worry. You can spread this out in chunks of 10 to 15 minutes over the course of a day. Include outdoor activity whenever possible – it's more refreshing and, weather permitting, sunlight can improve your mood and help your body produce Vitamin D. Remember your sunblock.

2 *Get more vigorous physical activity, too – for 20 minutes, at least three days per week.* This type of exercise is usually rhythmic and repetitive in nature (think biking, jogging, swimming, etc.). It uses large muscle groups and may cause sweating and hard breathing. It should increase your heart rate. Your doctor or a YMCA health-and-well-being professional can help you figure out what heart rate is healthy and appropriate for you. Again, get outside whenever possible.

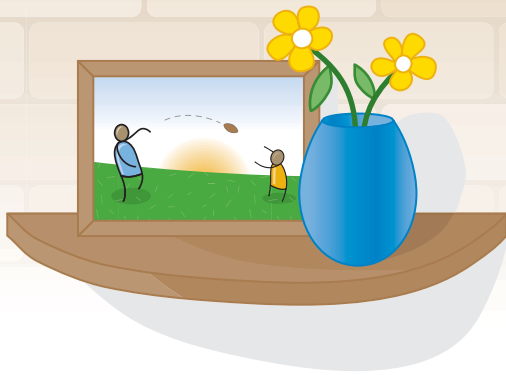
3 *Bring adults and kids together in physical activities to provide opportunities for modeling positive behavior.* Your kids will be more active if you are, and you can learn how to play every day from your kids. Grown-ups can lead by example, showing that physical activity is a healthy, fun, necessary part of life. You can also model teamwork, sportsmanship, problem solving and flexible thinking through physical games that you plan and play together.

4 *Limit “screen time” to less than two hours total per day.* This includes television, computer time and video games. Simply put, there are only so many hours in



the day. The more hours we spend on screen time, the fewer we have to take care of ourselves and each other. Decreasing screen time frees up time for more physical activity

and promotes healthier, more interactive ways for a family to entertain itself. Pediatricians recommend two hours' maximum daily screen time for kids – and none at all for those under age two. Studies have shown that kids who rack up more screen time are more likely to be overweight, participate less in physical activity, consume more sugar-sweetened beverages and eat more. If you or your kids already top the two-hour limit, expect some resistance to change. It can be a hard habit to break. Empathize, but talk openly about why limits are important. Stay firm on the key message: in order to keep our bodies and minds healthy, we need to move more and sit less.



Below you'll find Healthy Family Home™ recommendations for eating healthy every day.

If these recommendations involve major change for you and your family, take small steps. It's not realistic to go from five minutes of moderate activity per day to 60. Instead, bump up to 10 minutes a day and gradually increase the time. Some families may want to keep a notebook or use a whiteboard to log their activity.

Eat Healthy

For a family, there are two meanings to this phrase. Both are important. The first is more literal: consume more of the better choices and less of the not so good ones. The second meaning takes a broader view of family health: make and eat healthy food together to strengthen family relationships, both short- and long term.

Healthy Family Home™ Guidelines: Eat Healthy

- **Serve fruits and vegetables at every snack and meal.** Offer fresh fruit and vegetable options daily.
- **Make water the primary drink option every day.** Other options should be non-sugar-sweetened.
- **Include a whole-grain or protein option with every snack.**
- **Provide healthy, unsaturated-fat foods at meals and snacks.**
- **Emphasize moderation, balance and variety.**

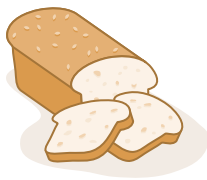
All family members should be effective role models by participating in all of the above guidelines.

5 *Serve fruits and vegetables at every snack and meal.* Offer fresh fruit and veggie options every day. Five or more servings per day are important for growth and development and optimal immune function. Research shows that this intake also lowers one's risk of heart disease, stroke, high blood pressure, diabetes and certain cancers. An easy way to explain the need for variety to kids and adults is that our bodies need a rainbow of foods to be healthy: naturally red, orange, yellow, green and blue foods. A naturally colorful diet is virtually guaranteed to be a healthy one – an idea most kids (and adults) can wrap their minds around.

6 *Make water the primary drink option every day.* Water is the best choice for quenching thirst. All family members need plenty of water, especially during both

the warmest and coldest months of the year, when the sun and indoor heating systems can dry us out. Our bodies are made mostly of water and use it to perform every function, so we need to replace it consistently. Staying hydrated is particularly important during physical activity, so take water along whenever you're on the move.

7 *Include a whole-grain or protein option with every snack.* To many people, “snack”



is shorthand for “simple carbohydrates,” like potato chips.

There are better options. Whole grains provide more fiber, Vitamin E and essential fatty acids. They can protect against heart disease and cancer. Higher-fiber foods can also help you feel fuller sooner and reduce your overall food intake. Protein, too, provides a more lasting energy source. Examples include tortilla chips made with whole grains or dried black beans, roasted almonds and whole-grain pita chips.

8 *Provide healthy, unsaturated-fat foods at meals and snacks.* Food labels list different kinds of fats. Both saturated and trans-fatty acids are associated with increased low-density or “lousy” cholesterol levels in the body. In contrast, foods with mono-, poly- or unsaturated fatty acids (such as nuts, fish and olives) may actually help reduce lousy cholesterol.

9 *Emphasize moderation, balance and variety.* Food trends come and go, but some wisdom is timeless: we

all do better with balanced nutrition based on moderation, not deprivation. Moderation means eating reasonable portions (see page 11 of the Starter Kit for more information on portion size) whose total calorie counts don't exceed our true caloric needs. But frankly, calorie counting often is less helpful than learning what looks and feels right. If your habit is to serve large portions, try to scale them down. Slow down when you're eating, savor every mouthful, and stop when you're full – even if something tastes great. Encourage your kids to do the same. Studies show that balanced meals can help prevent cravings, increase metabolism, increase “satiety” (feeling full), assist in weight management and ensure adequate nutrition. Choose a variety of healthy foods for your family to promote consistent energy and a healthy life.

Family Time

Busy families often struggle to find time they can spend together, but this is as important as ever for your family's good health in the broadest sense. Day-to-day windows of time spent together are building blocks for communication and support through life's ups and downs. Family time is one of the best possible investments you can make in your child's healthy development. Here are our Healthy Family Home™ recommendations:

10 *Provide each child with one-to-one time every day.* Carving out these times can require planning and negotiation, especially for larger families or those in which both parents work long hours outside the home. While it's best if this happens regularly, sometimes you can take advantage of spontaneous opportunities to steal some time with just one child. Your interests, your child's interests, and the nature of your relationship should help shape what you do together, as well as how, where and when. Try to be flexible and creative. And, while you're scrambling to meet everyone else's needs, don't forget to squeeze in time for yourself. You can't bring energy to your family without recharging your own batteries.



Healthy Family Home™ Guidelines: Family Time

- Provide each child with one-to-one time every day.
- Sit down as a family for one meal each a day.
- Involve kids in snack and meal preparation and cleanup every day.

All family members should be effective role models by participating in all of the above guidelines.

11 *Sit down as a family for one meal a day.* The research on this is astonishing. Studies have shown that kids who regularly eat with their parents are less likely to be overweight, smoke, abuse drugs and

alcohol or experience depression. They get better grades, have stronger self-esteem and enjoy better peer relationships during adolescence. On a nutritional level, research has shown that family meals are more nutritious than “solo” meals, and that kids who eat with their family end up making healthier snack choices and eating more fruits, vegetables and whole grains. When grown-ups eat with their kids, they can set a good example by making healthy eating a lifestyle, not a temporary fix. Some experts say such role modeling may even help ward off eating disorders – a growing problem seen in increasingly younger kids.

12 *Involve kids in snack and meal preparation and cleanup every day.* Young kids can watch, learn and contribute as you explain what you're doing – adding, dicing, warming and cleaning, for example. Engaging kids in safe, simple tasks will give them a sense of pride and ownership in the meal. Older kids can provide other assistance or sit nearby as they do their homework. Most kids can pour beverages, set the table or toss the salad. You'll be investing in a more enjoyable meal for sure – because everyone helped – and also in life skills for your kids. (Their roommates and spouses will thank you later!)



To learn more about healthy living or to find a YMCA in your area, visit www.ymca.net.

Special appreciation goes to the following YMCAs for piloting and testing the new Healthy Family Home™ resources: YMCA of Greater Indianapolis; YMCA of Greater New York; YMCA of Marshalltown, Iowa; YMCA of Metropolitan Chicago; and YMCA of San Diego County.

Lilly

Eli Lilly and Company is a leading, innovation-driven pharmaceutical company whose mission has inspired its employees to take on some of the world's most daunting health challenges. Lilly has a long history of philanthropy and community investment, and is committed to going beyond making medicines by

The Healthy Family Home™ Guidelines are supported by the following resources:

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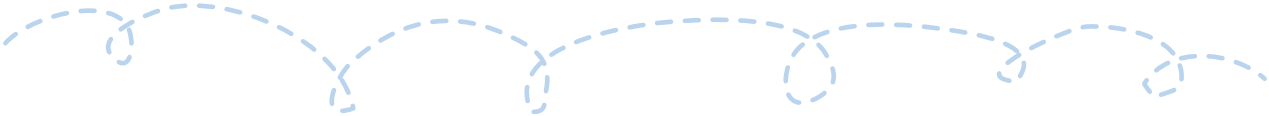
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Please note that YMCA of the USA is not affiliated with our national donors. We appreciate their support and we are proud to collaborate with them on providing this resource material.

The information in this material is intended to provide valuable health information and should be used as a tool for creating and/or maintaining a healthy lifestyle. The guidelines and suggestions are for informational purposes only. This material is not intended to be a substitute for professional medical advice, diagnosis or treatment. You should seek the advice of your physician or other qualified health provider prior to beginning any new exercise or health program. We strongly urge you to seek the advice of your physician if you have a pre-existing medical condition.



supporting meaningful programs that will improve patient outcomes, enhance individual health and improve caring in America and around the world. Lilly's partnership with the YMCA is an investment in family health and better choices at home as a way to prevent chronic disease.

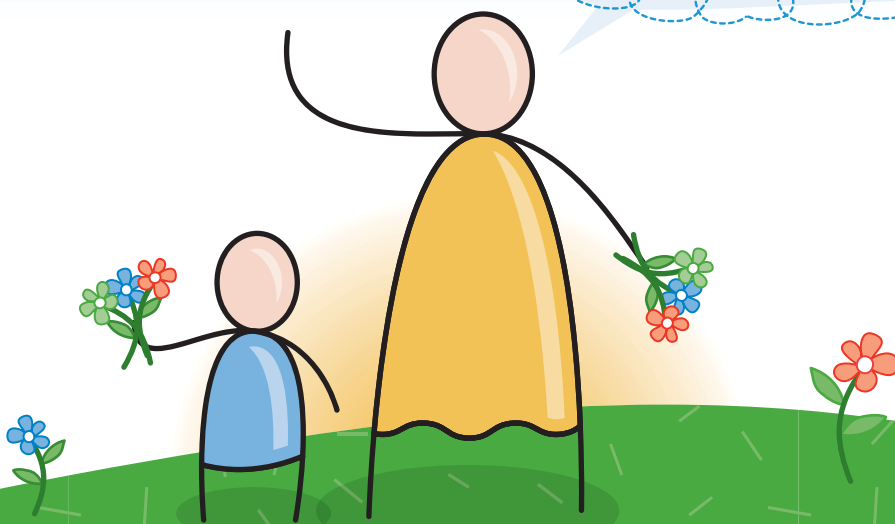
Lilly believes partnerships like this are the best approach to complex health challenges that are far too great for any one group to solve alone. Together, the YMCA and Lilly have almost 300 years of experience in helping families and communities live healthier lives.



Healthy Family Home™

A community partnership with the YMCA

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This program was funded by Eli Lilly and Company.

Lilly

Answers That Matter.

