



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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Download additional tools and
activities and learn more at
ymca.net/healthy-family-home

QUICK START KIT: EAT HEALTHY

**HEALTHY
FAMILY
HOME**
A YMCA Initiative



Choose to Eat Healthy

At the Y, we believe that small steps lead to big changes. With a balanced approach, even the busiest of families can discover ways to eat healthier and feel better.

KEY HEALTHY HABITS

► Choose Your Drinks with Care

A simple way to improve your family's overall health is to explore your approach to fluids by cutting out the drinks with added sugar and adding more water, 100% fruit juice and low-fat milk to your family's diet. If your family is currently used to drinking sugar-sweetened beverages, begin working gradually to replace them with healthier options.

► Aim for Five a Day

The delicious crunch of fruits and veggies can be part of every meal and snack your family enjoys throughout the day and is important for your whole family's health. Everybody needs the vitamins, fiber and minerals that these colorful foods provide in order to grow and stay strong, energetic and free from illness. Stay healthy by reaching for five servings every day.

FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, we will each drink a glass of water with dinner.
2. This week, we will each commit to eating a piece of fruit with our lunch.
3. This (day), we will try two new vegetables with dinner.
4. This week, we will commit to eating dinner together at least _____ times.
5. This week we will switch from using whole to 2% milk on our cereal.

Our own: _____

Use the Healthy Family Home progress tracker to keep tabs on your goals.



PROGRESS TRACKER

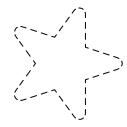
PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



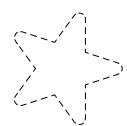
EAT
HEALTHY

OUR GOAL

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



GET
TOGETHER

OUR GOAL



GO
OUTSIDE

OUR GOAL



SLEEP WELL

OUR GOAL