



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

October is Family Health Month, and the Y is dedicated to supporting all families as they work to create healthier lifestyles for themselves and their loved ones. Family health and wellness is a group effort. When everyone works together, healthy habits become easier and more fun. Learn how to improve your family's health as a team using these approaches.

Start the Day with Movement

A few minutes of morning physical activity can set a positive tone for the rest of your day. A walk around the block, family stretch session or a morning dance party are all simple examples you can easily do at home. Or, to get out of the house, head over to your local YMCA for fun, accessible ways to get moving together. Visit ymcabr.org to learn more!

Make Mealtime a Family Activity

Choose one or two days to cook as a family. Assigning roles to each family member makes it a true team effort, and mealtime becomes a great opportunity to teach about nutrition and cooking skills. Sitting down to share the meal strengthens bonds and creates daily structure.

Practice Gratitude Together

Take a moment each week to practice gratitude as a family – whether it's a moment on-the-go or set aside as dedicated time together. Have each family member share one thing they were grateful for that day or week. Consider creating a gratitude jar, board or journal to display these reflections. That way, you and your family can visualize their thankful thoughts.

Stay Active or Get Creative Together

Set aside one day each week for a fun family activity – physical or creative. Spending time as a family moving or creating supports both physical and mental wellbeing. For an easy, enjoyable option, visit your local YMCA for family swim, sports programs or arts and crafts events that will bring everyone together.

Create a Shared Bedtime Routine

Establishing a shared routine or schedule before bed creates a calm environment for relaxation and sleep. Try incorporating these simple tips into your family's nighttime regimen to promote a restful night for everyone.

Spend Time Outdoors as a Family

Spending time outside together is a great way to stay active and strengthen family bonds - whether it's a walk, game or simply enjoying nature. The YMCA makes it easy with a wide range of family-friendly outdoor programs and activities designed to bring everyone together and make spending time outdoors fun, easy and accessible.