



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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# QUICK START KIT: EAT HEALTHY



## 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



PLAY EVERY DAY

OUR GOAL

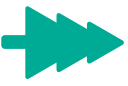
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GET TOGETHER

OUR GOAL

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GO OUTSIDE

OUR GOAL

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SLEEP WELL

OUR GOAL

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