



IDEAS FOR HEALTHY FAMILIES!

Heart & Stroke Foundation of Ontario/YMCA Healthy Active Schools
www.ymcaofsimcoemuskoka.ca www.heartandstroke.com



Practical Ideas for Eating Healthier, Getting Active, and Building Assets

Helping Kids Develop a Sense of Empowerment

Kids who feel empowered feel ownership and control and are more likely to assume responsibility for making healthy lifestyle choices.

The more input your child has greatly affects his or her ability to effect change and develop Healthy Active Living habits which will last a lifetime.

- Commit to supporting school and community Healthy Eating Active Living initiatives.
- Volunteer on the school Parent Council, special events committees and/or health based fundraising initiatives.
- Make time to attend your child's sporting events.
- Involve your child in setting short and long term goals to increase opportunities to participate healthy active living activities as a family.
- Keep a family Healthy Active Living journal to track your progress and celebrate your successes.



Eat Healthy Together

Try these ideas to eat healthy together:

- Have your child plan healthy meal menus for special family picnics.
- Make popcicles from 100% fruit juices.
- Use Camel packs when bringing water on day trips, biking or hiking excursions.



Get Active Together

Try these ideas to get active together:

- Discover the Simcoe Trails Systems and Geocaches.
- Run through sprinklers together.
- Create kites and fly them as a family on a windy day.



QUICK TIP

Lead
by
Example,
Inspire
with
Motivation,
Effect Change,
through
Action



YMCA

We build strong kids,
strong families, strong communities.

Talk Together

Ask each other these three questions:

1. **What motivates you to be physically active? Why?**
2. **What can you do to motivate others to be more physically active?**
3. **What can we do as a family to help change the community environment to enable others to become more physically active? How will we do it?**

Build Assets Together

Kids need a positive self-esteem to feel good about themselves, but they need more than a healthy self-esteem. They also need to try activities to discover what they're talented at and what interests them. They need hopes and goals so that the future looks like an exciting place to go.

Four Developmental Assets are key positive identity assets. These include:

- #37 Personal power—Child feels he or she has some influence over things that happen in her or his life.
- #38 Self-esteem—Child likes and is proud to be the person that he or she is.
- #39 Sense of purpose—Child sometimes thinks about what life means and whether there is a purpose for her or his life.
- #40 Positive view of personal future—Child is optimistic about her or his personal future.

Learn more to eat healthy and to stay active by building these four key assets.

GOOD NEWS

72% of kids say that they have asset #40: positive view of personal future.

CHALLENGING NEWS

42% of kids say they have asset #37: personal power.