



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



Committing to Learning More

Learning and understanding more about the positive impact of good nutrition and increased physical activity and seeing results of our actions can help to keep us enthused and motivated. When we become curious about new health ideas, we open ourselves up to new possibilities. Consider trying these ideas:

- Check out a videotape or DVD from your local library that shows a form of physical activity you haven't tried before. Look **in** your **YMCA/Recreation Guides** and try something new. Consider trying Tai Chi, yoga, or Pilates.
- Read books or magazines about family nutrition and family fitness and try some of the suggested ideas or activities.
- Set goals for eating healthier and getting physical activity. For example, set a goal of eating five to 12 servings of grains in one day or getting 30 to 60 minutes of physical activity.
- Try challenging your children to walk up the stairs in a new way. Walk sideways. Or walk up with your toes pointed inward (or outward).
- Ask a friend, family member, or neighbour for their favourite recipe. Try it and ask how your family enjoyed the new recipe.



Eat Healthy Together

Try these ideas to eat healthy together:

- Make each dinner plate colourful when you place food on it. Serve chicken (brown), salad (green), strawberries (red), summer squash (yellow), milk (white), and whole-wheat bread (brown).
- In the spring, plant a vegetable garden. In summer, eat what you harvest.
- Eat two to three servings of meats or proteins today.



Get Active Together

Try these ideas to get active together:

- Go swimming together **at your local YMCA or Recreation Centre**.
- Park your car as far away from the entrance as possible when you go places. Enjoy the extra walk.
- Use a hula-hoop. See how long each family member can keep it up and moving.



QUICK TIP

Show your enthusiasm and consistent reinforcement of healthy eating and physical activity. See how these positive behaviours affect your kids over time.



Talk Together

Ask each other these three questions:

1. What motivates you the most to get physical activity? Why?
2. What do you find most challenging about healthy eating? Why?
3. How does our YMCA or Recreation Centre motivate us to make healthy choices?

Build Assets Together

People who are curious learn more about health. They keep learning and trying new things, which keeps them motivated to eat healthy and to stay active.

Five Developmental Assets are key commitment to learning assets. These include:

- #21 Achievement motivation—Child is motivated and strives to do well in school.
- #22 Learning engagement—Child is responsive, attentive, and actively engaged in learning at school and enjoys participating in learning activities outside of school.
- #23 Homework—Child usually hands in homework on time.
- #24 Bonding to school—Child cares about teachers and other adults at school.
- #25 Reading for pleasure—Child enjoys and engages in reading for fun most days of the week.

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

GOOD NEWS

65% of kids say that they have asset #21: achievement motivation.

CHALLENGING NEWS

22% of kids say they have asset #25: reading for pleasure.