



PHOENIX CHILDREN'S *Hospital*

Healthy Families



Healthy eating and physical activity will lead to a balanced lifestyle for your family. There are lots of ways that are easy and fun to help reach this goal. Phoenix Children's Community Outreach Department wants you and your family to "**Be healthy and active, be balanced!**"

FOOD CHOICES

Eating smart includes making healthy food choices. Include at least two food groups in every meal and snack. These include:

Grain

Whole grain is better, breads, pasta, cereal and rice

Vegetables

In all colors

Fruits

More whole fruits and less juice

Milk

Choose fat-free or low fat most often

Meat and Beans

Lean meat and poultry, fish, beans, peas, nuts and seeds

Activity

60 minutes of exercise every day for everybody

SHOPPING YOUR WAY TO HEALTH

Take the family grocery shopping so everyone can learn to read the nutrition labels and choose ingredients for family meals and snacks. It is important to aim for more than 5 servings of fruits and vegetables every day. Keep fresh fruit and vegetables washed, cut-up, chilled, and readily available in baggies for snacking.

EATING OUT

When eating out look for low-calorie, low-fat items such as grilled chicken, whole wheat breads or pasta, fruits or vegetables instead of French fries, and 100 percent fruit juice to replace soda and lower the intake of sugary drinks. It is a good idea to reduce the number of times you order in or eat out each week.

EATING TOGETHER

Studies show that families who take the time to prepare meals and sit down to eat together actually are eating healthier. Replace the use of food as a reward for good behavior and offer to take a walk or play a game with your child instead. The pleasure of your company is the best reward your child can receive and the best gift you can give.

ACTIVITY

Every person in your family needs 60 minutes of activity every day!

The most effective way to get up and moving is as a family. Set aside some time every day to be active together – take the dog for a walk, do your household chores to music and dance, or ride your bikes around the neighborhood.

- You can designate indoor and outdoor play areas around the house where rolling, climbing, jumping and tumbling are allowed. Invite some friends over and have a treasure hunt or relay races. Encourage free play time with your children.

MOTIVATION

To achieve a balanced lifestyle for your family, motivation is the main ingredient! Each family member must set their own realistic goals to succeed. Encouragement and being a strong role model will help your children achieve.

- You could have a message board set up to report your family's progress. Incentive prizes along the way should help with a 'grand' prize for them to work towards. It could be a family camping trip or even a picnic for fun family activities at a favorite location.

Simply praising each other helps everyone to feel good. 'Good job!' and 'You were awesome!' really get results. Encouragement will lead to more motivated family members.

INTERESTS

FOOD AND ACTIVITY

Implementing changes to your lifestyle can be tricky. Keep it simple.

Adopt foods that everyone likes – just try healthier options.

- If your eight-year-old likes to skateboard, have a family night where he gets to instruct each family member on how to ride a skateboard safely.
- If your daughter loves to dress up and sing, put on a family dance concert where she gets to be director and costume designer.

Try new things. Your local newspaper has plenty of ideas. Volunteer for Phoenix Children's Hospital, participate in a fun run, go to an outdoor concert, or hike a new trail.

LIMITS

Discussing and setting limits as a family is important. Did you know “screen time” (TV viewing, computer access and video games) should be limited to a maximum of two hours per day? It is a good idea to take TVs out of children’s bedrooms. Alternatives to screen time need to be thought about and imposed if change is to happen for all family members.

- Set aside nights each week where you sit down to eat as a family. Turn off the TV, put on some relaxing music, sit at a table and invite conversation. You could go around the table and tell each other stories that made you smile today.

Only eat until you are full. Everyone is different and should be encouraged to stop eating when they feel full. It is easier to control portion sizes if meals are prepared at home.

YOU

Living a balanced lifestyle is something you and your family can do! Activity can help reduce stress. Work together to ensure everyone in the family participates. Pre-set limits can reduce tension and help with goals. Live to be healthy and have a healthy family. Set challenges for yourself that are achievable and be a role model. Encouragement is important not just for them but for you too!



**PHOENIX
CHILDREN'S**
Hospital

®

Phoenix Children's Hospital

1919 East Thomas Road

Phoenix, AZ 85016

(602) 546-1000

Toll Free (888) 908-5437 (KIDS)

www.phoenixchildrens.com