

Healthy Habits*Healthy Kids



Did you know.....

- ◆ *Oranges are originally from Southeast Asia and are known as a “Chinese Apple” in many other languages. **
- ◆ *January is National Oatmeal Month. Find a fun new way to enjoy your oatmeal today. Diced apples, pumpkin, nuts and berries are all tasty toppings. ***

START YOUR NEW YEAR OFF RIGHT!

Challenge your family to a New Year’s Healthy Lifestyle. There are many small changes you can make as a family to start the new year off right. Healthy habits can spark a lifetime of benefits. Here are a few ideas to get the ball rolling:

- * Eat breakfast daily.
- * Do something active during commercial breaks (jumping jacks, dance, run in place)
- * Eat a fruit or a vegetable with each meal.
- * Take your dog for a walk.
- * Drink milk or water with meals.
- * Avoid second portions at meal times.
- * Don’t go to the grocery store hungry.
- * Always wear your seat belt.



Healthy goals

This month find one healthy habit to work on as a family:
Example: Eat breakfast every-day.

Monday: _____
 Tuesday: _____
 Wednesday: _____
 Thursday: _____
 Friday: _____
 Saturday: _____
 Sunday: _____

If everyone reaches their goal do something fun to reward yourselves like go bowling.

WINTER ACTIVITIES

There are lots of fun winter activities that combine spending time with our families and being active. Here are a few fun tips for beating winter boredom:

- ⇒ When it snows make snow angels, go sledding, take a hike, build an igloo, shovel the walkway, walk your dog, have a snowball fight or try ice skating.
- ⇒ Indoors you can build an indoor obstacle course, dance to your favorite CD, play fetch with your dog, do a yoga video, play a game such as Wii fit, go mall walking, or visit your local YMCA to check out classes and activities offered.

Beat winter boredom and stay active!!

We need 60 minutes a day of physical activity.
What did you do today?

Example: walked to school
