

Getting Family Members Involved in Healthy Habit Changes

ALLINA HEALTH WEIGHT MANAGEMENT

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Topics covered today


Nutrition

Exercise and Physical Activity

Mental Health


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Nutrition




Meal plan together

Choose a new healthy recipe together and enjoy as a family
Let kids help plan and prepare 1 meal each week
Plan family mealtimes together outside of school activities, sports, work, etc.



Add variety

Swap out one ingredient or snack for a healthier option
Offer fruits and veggies at all meals
Don't force kids to eat the fruit and veggies, but have them available




Get in the kitchen!

Include all family members in cooking, teaching them life skills they can use later on while spending quality time together


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Nutrition Cont.



Eat meals together

When families eat together, they are more likely to eat a more balanced, health-conscious meal
Take your time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full



Be sure to model healthy eating

Keep healthy snacks highly visible and available in your kitchen and put the sugary treats out of sight
Leave colorful fruits and vegetables out on the counter or on the most visible shelves in the fridge so that when you're hungry, you're more likely to reach for a nutritious snack

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Exercise/Physical Activity

Buddy system!

- Invite you family member or friend to a workout class
- Walk breaks with co-workers
- Invite the teenagers or significant others to the gym with you

Start a challenge or make it a game

- During commercial breaks or between Netflix episodes, have a friendly competition to see who can do the most pushups, hold a plank the longest, or do the most jumping jacks
- Step challenges with friends or co-workers

Make a list of activities you'd like to try together and hang it somewhere the whole family can see

- It doesn't have to be straight 'exercise,' but going to a museum, a park, a beach, or a zoo promotes better health

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Exercise/Physical Activity Cont.

Play games together

- Showing kids how much fun, an activity can be helps them have more fun and be more interested in the activity
- Family walks or family park adventures

Get involved in the community

- Grow a family garden or participate in community garden
- Browse local farmer's markets together
- Check out local activities

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Mental Health

Reduce stress

- Make time for relaxation at the end of the day, incorporating some family yoga, mindfulness practice, or even just reading a story together at bedtime with your younger ones
- Plan a weekly menu and prep your meals (means more family time!)

Limit screen time

- Make screen time a privilege that is allowed only after chores and homework are completed
- Watch less TV/less screen time by capping time limits or only having it at certain times during the day
 - Turning off our technology frees us up to do much healthier things for our minds, bodies, and our relationships with one another
- Get outside!

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Mental Health Cont.

Create family traditions

- Having a regular board game night, taco Tuesday, or a weekly trip to the movies not only helps them spend time together but creates opportunities for conversation and making great memories

Eat meals together

- Mealtime as a family is a good opportunity to maintain good communication between family members
- Pick a time when you can all be together to spend quality time connecting

Exchange stories and tell others about your favorite moments of the day

Bonding time!

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Key Takeaways



START SMALL! PICK 1-2 HABITS TO WORK ON VS TRYING TO CHANGE EVERYTHING



DON'T FORCE HABIT CHANGES ONTO OTHERS; THEY WILL CHANGE WITH TIME



NOT ALL HEALTHY HABIT CHANGES NEEDS TO BE NUTRITIONALLY BASED



GIVE YOURSELF AND OTHERS SOME GRACE



HAVE FUN!

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Questions?

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