Getting Family Members Involved in **Healthy Habit Changes**

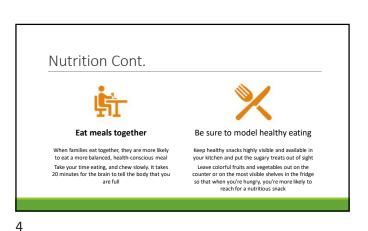
ALLINA HEALTH WEIGHT MANAGEMENT

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Topics covered today Exercise and Mental Nutrition Physical Health Activity 2

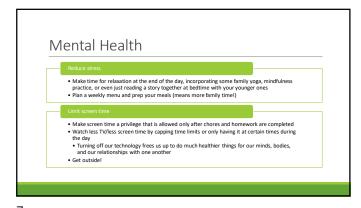


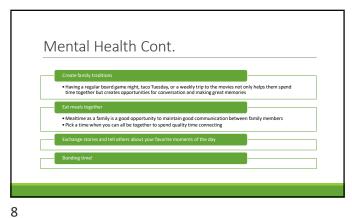


Buddy system! Invite you family member or friend to a workout class · Walk breaks with co-workers Invite the teenagers or significant others to the gym with Start a challenge or make it a game During commercial breaks or between Netflix episodes, have a friendly competition to see who can do the most 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

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 6

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