

*What are ideas to make healthy eating and physical activity choices fun and appealing?*

# Happy Healthy You and Me!

*A **Fit & Fun** family guide to healthy eating and physical activity choices*

## ★ **Make healthy habits fun and relaxing by the way you THINK!**

### **THINK Active PLAY!**

It sounds more fun and is just as healthy as exercise workouts! Get silly along with kids by making up active games. Try these goofy ideas—they are sure to make little ones giggle—or come up with your own.

- Create an “animal walk game”...walk like a duck, a bear, a lion and more!
- Practice dance steps together, and create a few of your own!

### **THINK Relaxing Mealtime!**

Yes, it is possible to end mealtime battles over food. Experts will tell you it is simple, but requires that you consistently remember parent and kid mealtime responsibilities:

- Parents are responsible for offering a variety and balance of foods for meals and snacks.
- Kids decide how much, and even whether or not they eat.

**Tip #1:** When introducing new foods, first reactions aren’t always good. Keep trying! It may take kids 8-10 tries to TRULY know if they like or dislike a food.

**Tip #2:** Be a positive role model. Try a variety of foods yourself and refrain from “wrinkling your nose” at things you don’t care for. Turn off the TV at mealtime so the kids will notice YOUR healthy choices!

**Tip #3:** Offer at least one favorite food at meals when new foods are offered.

## ★ **Help kids have a “healthy me” feeling.**

### **Praise efforts instead of lecturing about poor choices.**

*Praise your child for choosing an orange for a snack instead of lecturing him/her about taking extra cookies.*

### **Take the emphasis off “weight” and put it on making healthy choices.**

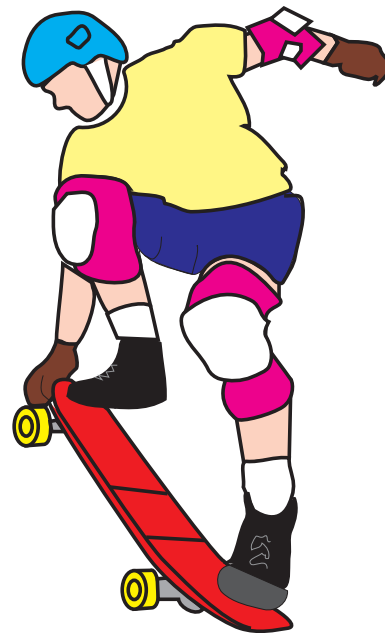
*Helping your child (regardless of weight) feel good about his/her looks and abilities is the best way to develop healthy habits.*

### **Keep in mind there are no good or bad foods.**

*When foods are denied, kids usually want them that much more and that creates **guilt**. Learn together how to create healthy balance by choosing high-fat and sugary foods less often, recognizing serving sizes, and increasing active play.*

**Kids come in all sizes, shapes, and weights.**

ALL kids need help to create healthy eating and physical activity habits to last a lifetime!



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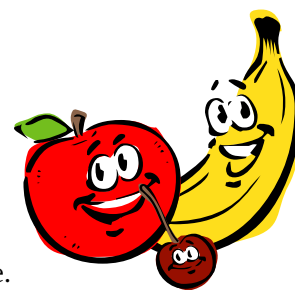
*A Business of Caring.*



**Resources**

**Child of Mine: Feeding With Love and Good Sense**, by Ellyn Satter, R.D., A.C.S.W., 2000. Bull Publishing Company, Palo Alto, CA.  
Advice on feeding kids from birth to adolescence.

**FEEDING KIDS**, 24 CARROT PRESS by Connie Evers, MS, RD [nutritionforkids.com/Feeding\\_Kids.htm](http://nutritionforkids.com/Feeding_Kids.htm)  
Electronic newsletter archives with news and views on child nutrition



**Fit & Fun Family Goals**

Use the following habit checklist as a guideline.

- Think about what happens in your family and write your thoughts.
- Choose 1 or 2 habits as a start to set healthy goals.
- Once a month, look at the list to check your progress and set new goals.

Some examples of goals are written in the table below to start you thinking.

Healthy You and Me Habit Checklist	What is Happening Now	Goals for Healthy Change
<input type="checkbox"/> Role model positive physical activity choices	<i>Example - We don't include active play in family time.</i>	<i>Example - Play catch with my kids at least once this week and show them how much fun I'm having!</i>
<input type="checkbox"/> Role model positive healthy eating choices		
<input type="checkbox"/> Follow mealtime responsibility guidelines <ul style="list-style-type: none"> <li>■ Parents are responsible for offering a variety and balance of foods for meals and snacks</li> <li>■ Kids decide how much and whether or not to eat</li> </ul>		
<input type="checkbox"/> Praise good choices instead of lecturing about bad choices	<i>Example - I'm always lecturing my kids about taking too many cookies for snacks.</i>	<i>Example - Let kids help make a healthy snack grocery list.</i>
<input type="checkbox"/> Talk about healthy choices instead of weight		
<input type="checkbox"/> Help kids recognize there are no good foods or bad foods as long as they balance a variety of food choices		