

QUICK TIPS FOR FAMILIES:

BUILD STRONG BODIES and StrongBonds



- **CHANGE UP TV TIME** by doing a family sit-up contest during commercials.
- **FUEL UP AFTER FAMILY WORKOUTS** with a carb and a protein, like a peanut butter sandwich or yogurt with fruit.
- **MOVE MORE EACH DAY.** Take the stairs instead of the elevator and walk to nearby stores instead of driving.
- **GET A KICK OUT OF COACHING:** Help with your kids' sports or pace on the sidelines during games.
- **TURN UP THE MUSIC** and turn indoor chores into a dance party while you clean.
- **PLAN ACTIVE OUTINGS:** Good memories and healthy habits last a lifetime. Walk through the zoo, hike the trails in a park or play active games at a fall cookout.

Use the *Be Well SHBP* program resources for help to achieve your goals.

Join a ***Green Day*** or ***5,000 Steps Challenge***
and track your steps and fitness level.

Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.