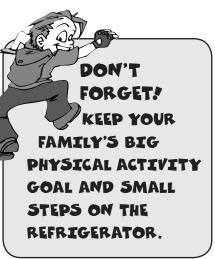


FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY SMALL STEPS TO SUCCESS

Tips for Family Success:

- Be realistic.
- Work on small steps one at a time.
- Make goals to fit your schedule and personalities.
- Write down your plan.
- Talk about your family goal and small steps every day.
- Track your progress.
- Don't expect perfection.
- Celebrate successes with a fun family outing.



FEBRUARY HEALTH CHALLENGE

Write 1 big physical activity goal and 4 small steps to help reach it.

Making changes to be more physically active takes time. Try 3 easy goal-setting steps to find a goal that the whole family can work toward.

- 1. Talk with family members about what is important. Here are some ideas:
 - Having fun
- Being together
- Enjoying the outdoors
- Helping your community
- Learning something new

What is important to your family? ___

- 2. Decide on 1 big goal. Write it down. Example:
 - Spend 60 minutes every week enjoying the outdoors. Your Family's Big Goal:

3. Decide on small steps to help reach this goal. Examples:

- Week 1 Small Step take turns walking the dog an extra 10 minutes a day
- Week 2 Small Step take 15-minute after-dinner walks every Sunday

Your Family's Small Steps:

- Week 2 Small Step –
 Week 3 Small Step –
- Week 4 Small Step –

4-H FAMILIES ONLINE

Go to www.kidnetic.com for animated games, quizzes, and family activity ideas.