



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY BALANCE FOOD AND FUN



JUNE HEALTH CHALLENGE

Get enough physical activity to burn off what you eat and drink.

DOES YOUR FAMILY MAKE THE RIGHT CHOICES TO BALANCE FOOD AND FUN?

Summertime is the perfect time to start having nutritious foods and drinks and being more active.

Try these ideas for a healthy summer:

BALANCE ENERGY "IN" . . .

- Have easy, quick, and nutritious snacks on hand.
 - Fresh fruits and vegetables
 - Low-fat milk
 - Whole-grain crackers and bread
 - Chilled water
 - Low-fat yogurt
 - Nuts and seeds
- Keep portions small. Compare the recommended servings with what you eat.
- Eat family meals at regular times and limit snacks.

WITH ENERGY "OUT" . . .

- Aim for 60 minutes of physical activity every day.
- Take a family walk after dinner.
- Turn off the TV, computer, and video games and choose a fun physical activity instead.
- Have family active time one night a week. Kids and parents take turns choosing what to do – bike, play tag, hopscotch tournament, etc.
- Invite neighbors and friends over for play time.
- Check out an exercise video from the library.
- On rainy days, play music and dance.
- Turn your yard into a gym. Set up a silly obstacle course, bike rodeo, kickball game, or jump rope challenge.

CHOOSE "EXTRA ACTIVITIES" TO USE UP EXTRA CALORIES

Having a second serving of dinner? Going out for ice cream? If you eat more, you need to move more.

Be prepared. List physical activities family members like.



4-H FAMILIES ONLINE

Go to www.trythiswv.com to read about inspiring West Virginians who are taking a stand for healthier living.