



Healthy Family Home™

A community partnership with the YMCA

Top 10 Tips for a Healthier Home

YMCA and Eli Lilly and Company created the Healthy Family Home™ program to help families set their own health goals and celebrate the small wins of having incorporated healthier behaviors into their home life. Here are some tips that can get your family started.

- 1 Family Meals.** Sit down as a family for one meal a day. Research has shown that family meals are more nutritious than “solo” meals and kids who eat with their family end up making healthier snack choices.
- 2 Sneak in more physical activity.** Plan a weekly family breakfast (or other outing) where you are the transportation. Skip the car, bus or train and ride bikes, walk or jog/run.
- 3 Make getting exercise fun.** Turn up the music and do chores together (clean the house, wash windows, do laundry, etc.)
- 4 Eat Healthy.** Have all family members identify their favorite fruit and write each one down on a list. Then fill a family fruit bowl with those fruits and keep it on the table, in the refrigerator or on the counter. This way everyone in the family will have easy access to their favorite fruit when they’re looking for a healthy snack.
- 5 Drink more water.** Decorate special water cups for the family (everyone gets his or her own water cup.) Use markers, stickers, sports decals and glue, or whatever you like. Rinse out or wash the special water cups as a family in the evening and let them air dry overnight.
- 6 Become more aware of how much food you serve yourself and others.** Serve dinner using only measuring cups and spoons. This way everyone will be able to measure out the portions on their plates.
- 7 Family Time.** Sign up for a class as a family—it could be a dance class, a science class, an Italian class, or arts and crafts class.
- 8 Keep in touch with your support system.** Create a nonverbal communication system for your home. You can make and decorate a special mailbox and use it to leave personal notes for each other on a daily basis. The notes can express encouragement and support or they can be about something that is causing you anxiety or concern but that you don’t feel comfortable talking about.
- 9 Play Every Day.** Experiment with different activities to discover what works for you, your kids and your family. You’re more likely to stick with physical activity if it’s fun.
- 10 Limit your screen time.** Set the timer when a family member is watching television or on the computer or game system. Agree in advance how long the session will last. When it’s done it’s done. Applaud quick log-offs.

***More tips are available online and in the Starter Kit, which can be downloaded for free at www.HealthyFamilyHome.org.**

