



A Healthy Family Life starts with Lifestyle Medicine

By incorporating the six pillars of Lifestyle Medicine into your family's life, you and your children can reap the benefits of a healthy lifestyle together. Continue reading to learn about important strategies in incorporating some of the Lifestyle Medicine components into your family's lives.

Eat Smarter

- Including children in simple meal preparations
- Have them help you make their food
- Model healthy eating habits onto children (refer to our "Healthy Living" section on our website for more information).
- Steering away from highly processed foods

Move More

- Engage in exercise together
- Have children lead a simple workout routine or even a yoga class
- Incorporate family walks into daily routine
- Have children be a "running buddy"

Sleep More Soundly

- Partake in calming activities before going to bed: reading, a short board game, guided imagery, or other forms of meditation
- Depending on age, children may need between 10-14 hours of sleep.
- Adults may need up to 8 hours every night.

Manage Stress Better

- Learn how to detect stress in children at early age
 - Common signs of stress in children
 - Changes in sleep patterns
 - Appearances of stomachaches
 - Headaches
 - Bedwetting after being potty trained

Cultivate Relationships

- Hold honest conversations with your children
- Use age-appropriate coping strategies to manage child's emotions
 - For example, younger children can learn to cope with stress through drawing or coloring
- Debrief children after stressful or traumatic events

Avoiding Toxins

- Discuss as a family ways in which you can make responsible choices
- Set a positive example for children by avoiding risky substances such as alcohol and tobacco
- Have a healthy conversation explaining the dangers and implications of risky substances
- Have a healthy conversation about peer pressure

If you want to learn more about each of the six pillars in depth, check out our "Healthy Living" page where you will find more evidence-based research on each area. Refer to this section on our website to better understand how to better incorporate each area of healthy living into your child's lives.



Behavior Change System
Progress

You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.