

# How to Improve My Family's Health

Family health is important because it sets families up for overall optimal health long term. Use this guide to see how you & your family can improve your family health.



Daily family walks are a great way to increase family movement! Along with playing games around the house, starting a family garden, decrease lounging time & increase your time outside.



Be the ones to cook your own meals at home, make your snacks healthy, have a serving of fruits & veggies at every meal, & limit foods with added sugars.



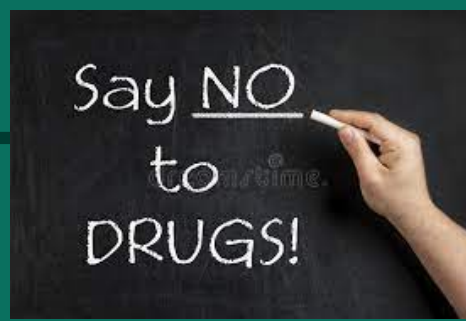
Make time for relaxing activities right before bed time, create bedrooms into a quiet and safe space, avoid the use of electronics before bed, & be consistent with bed times.



Practice family mediation together, accept and understand each others' thoughts, feelings, & emotions, & make time for family conversations to talk about possible stressors or struggles.



Create time for family bonding with electronic devices turned off, have daily meals together, lead by example by being kind to each other, & show appreciation for the little things life has to offer.



Limit parental use of alcohol and other substances in front of children, talk openly about the dangers of these products, encourage a safe an open environment to talk about struggles, & encourage each other to make healthy life choices.

Family health is a journey that is not a "one-size-fits-all" approach. There are healthy habits that work well for some families but not for others. It is just important to understand what your family dynamic is like and to find healthy habits that work well for you!



# TRANSFORM