

#1: Our Healthy Family



HEALTHY CONVERSATION STARTERS

What do you think "healthy" means?

Name some things you do every day that are healthy...

It is important to eat healthy foods and drink healthy beverages because...

It is important to be active every day because...

Think Together

- You are the most important **role model** in your child's life. The lessons a child learns about being healthy come from watching you and talking with you during the time you spend together.
- Current research indicates that even as little as **20 minutes of family time each day** can help children develop life-long healthy habits.
- As your family explores what it means to be healthy, **have fun and keep it positive**.
- Talk with your family about **what it means to be healthy**. What are your child's interests about his or her own health? What are yours?

Eat Together

- **Family meals** are an excellent chance to model and talk about good nutrition and healthy eating—shared mealtime can be at breakfast, lunch, dinner or even snack time!
- Show your child how to **build a healthy plate** with foods from the five food groups (Fruits, Vegetables, Grains, Dairy and Protein Foods).
- Let your child see you choose **MORE fruits, vegetables and whole-grains** and **LESS of foods with added sugars, fats and salt**.
- Talk with your child about why **water is a better choice than sugary drinks**.

Move Together

- The partner to eating healthy is being active. **Adults need at least 2½ hours a week** of physical activity and elementary-aged **children need at least 60 minutes a day**. Show your child how important daily physical activity is by being active together.
- **Unplug** from screens so that your family can sit less and move more.
- **Play together:** Active play is a fun way to get your family moving.
- **Get outside:** Being outdoors is a great stress reliever for the whole family.
- **Walk and talk** on a family hike. Ask your child which physical activities he or she enjoys and share your favorites too.

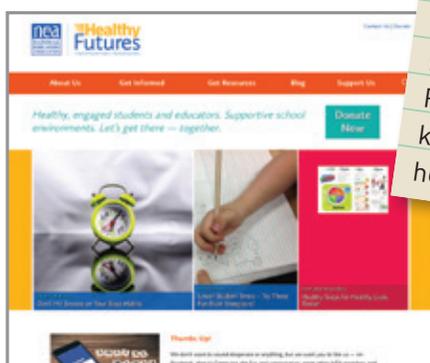
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Take **Healthy Steps** for **Healthy Lives** Together

Schools and Families Can Get Healthier Together

Talk with educators at your child's school about what he or she is learning regarding all health topics, including good nutrition and leading an active lifestyle. If your child's school is in need of health curriculum resources, share these links for our complimentary Healthy Steps for Healthy Lives teaching materials:

- nestleusa.com/healthysteps
- neahealthyfutures.org



The best path to a healthier future for your family is one you take together!

To get started, follow the 10 Steps to a Healthier Future in the Healthy Steps for Healthy Lives Family Guide. Tackle one step at a time and keep it fun and positive. Your family can learn how to think, eat and move healthy—together.

Read Together

- ***We Eat Dinner in the Bathtub*** by Angela Shelf Medearis (fiction)
- ***Healthy Habits, Healthy You*** by Lisa Greathouse (non-fiction)

