Do it for life!
Healthy Habits. Healthy Families.
2 0 0 7
IDAHO DEPARTMENT OF
HEALTH & WELFARE

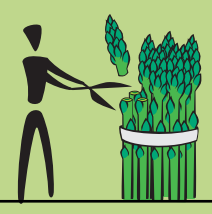
Changes *in your lifestyle* can be easy and fun. The purpose of this calendar is to get you started on making small changes every month for a year. The calendar offers fun ways for you and your family to get active, eat healthy, and chart your progress each and every month.

Charting your progress should also be easy, fun, and positive. When someone in your family tries a new physical activity, eats more fruits and veggies, or moves their body more than usual, they get to draw a star (or put a favorite sticker) on the day of their achievement.

Remember: You can't turn things around overnight. It takes time, encouragement, patience, and understanding, but it's well worth it.

- *Make up a fun name for your family "team."*
- *Make sure your child sees you enjoying physical activities.*
- *Eat healthy meals and snacks with your child.*
- *Let your child know that replacing bad habits with good ones can be fun.*
- *Ask your child to reward you with praise for changes in your behavior.*

Do it together! Do it as a team! Do it for Life!



The calendar uses the term "family" to describe any group of people who are responsible for raising a child or children. If you have questions about the weight or activity level that is right for your child, consult your doctor or health care professional.

Healthy habits for life!

***Each** meal* should include a variety of foods. A healthy diet includes foods from each food group: Grains *(bread, cereal, rice, pasta – look for "whole grain" on the label)*, Fruits *(if juice, make it 100% fruit juice)*, Vegetables *(vary colors like green and orange)*, Meat & Beans *(poultry, fish, beans, eggs, nuts)*, and Dairy *(low-fat milk, yogurt, and cheese)*.

Limit fats and sugar – they only add unneeded calories to your diet.

Cut calories when dining out.

It's perfectly okay to go out to eat on occasion. Whether you are picking up fast food or going out for a sit-down dinner, there are ways to cut calories and still enjoy your favorite menu items.

Simple calorie-cutting tips when dining out include:

- Ask for dressing on the side and only use enough to add flavor.
- Share your meal with another person or ask for half to be boxed up before you are served.
- Select grilled or baked items instead of fried.
- Select an appetizer as your main dish with a side salad or vegetable.
- Don't super-size your fries or drink!
- Order a regular hamburger instead of a double cheeseburger.
- Choose a healthy-option item if available (most restaurants will have them).
- Eat large portions of food like vegetables, beans, and salads, and smaller portions of lean meats, fish, whole grains, and dairy products to feel satisfied on fewer calories.
- Order water with a slice of lemon instead of soda.
- Skip the croutons on your salad.

Get up and move!

Adults need at least 30 minutes a day of activity and your children need 60 minutes a day to stay healthy. Find ways to be active as a family. You are setting the example for your children. If they see you enjoying physical activity, they will, too. Don't just send your kids outside to play – go with them. Go for bike rides and walks around the neighborhood together or play catch or tag. Plan vacations to include hiking, biking, and swimming. If your children are interested in sports, be interested with them.

Other simple activity ideas include:

- Establish a regular time of day for family active time.
- Have birthday parties centered on physical activity, such as relay races, bowling or skating, or host a backyard Olympics.
- Set up a home gym – you can use the stairs, canned foods for weights, etc.
- Limit TV watching and computer games to less than two hours each day.
- Give gifts that encourage activity, such as active games, sporting equipment, or passes to the local athletic center.

Important note

While a minimum of 30 minutes of daily activity for adults and 60 minutes for children is recommended for good health, this time does not have to be continuous. For example, three 10-minute walks can provide the benefit required.

A healthier and more active life is cool for everyone.

It won't happen overnight. A healthy lifestyle takes encouragement, patience, and understanding.

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3 ***Example:*** *Dad built a snow fort with Sam.*	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Achievement Ideas

1. *Veggie of the month — Green Beans.* Try green beans for the first time or try cooking them in a new way.
2. Walk up a flight of stairs and back down — even at a slow pace — for just 5-10 minutes at least three times a week.
3. Get the whole family on the floor to do sit-ups and crunches at least twice each week.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Add fresh fruit to your cereal.

Lunch
Use whole-grain bread or tortillas for sandwiches.

Dinner
Add extra vegetables and grilled chicken to your favorite pasta dish.

Simple Snack
Chicks Mix — Combine 1 cup of fat-free plain yogurt with one envelope of ranch dressing mix for a tasty dip that's great with baked chicken tenders.

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www.mypyramid.gov
www.5aday.gov (recipes)

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Ice skating
- Snow shoeing
- Bowling
- Aerobics
- Sledding/tubing
- Walking
- Skiing

Fun Fact

Slow down! It takes 20 minutes for your brain to get the message that your body is getting food.

Do it for life!

IDAHO DEPARTMENT OF HEALTH & WELFARE

Being healthy is a great goal!

Instead of losing weight, the focus should be on regular activity and sticking to a healthy eating plan.

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12 Lincoln's Birthday	13	14 Valentine's Day	15	16	17 ***Example:*** *The whole family went for a walk today.*
18	19 President's Day	20	21 Ash Wednesday	22 Washington's Birthday	23	24
25	26	27	28			

Did you know it's...

- American Heart Month
- National Children's Dental Health Month
- National Women's Heart Health Day

Achievement Ideas

1. Have snacks that are no more than 100 calories each at least three times each week.
2. Don't just get your mail out of your mailbox — take a walk around the block first at least twice a week.
3. Drink one more glass of water than you usually do each day.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Drink low-fat or nonfat milk.

Lunch
Substitute reduced-calorie salad dressing for regular.

Dinner
Bake, grill, roast, or broil meats and seafood.

Simple Snack
Cheese Kebab — Alternate small slices of apple or pear with cubes of low-fat cheese on skewers.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Basketball
- Dancing
- Handball
- Hockey
- Cross-country skiing
- Walking

Fun Fact

Limit sweet snacks. Bacteria on your teeth make acids every time you eat or drink a sugary food, damaging your teeth for 20 minutes or more before they are neutralized.

Do it for life!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

Lead the pack.

Children learn by example. If you're eating well and being active, they will be more likely to do the same.

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 St. Patrick's Day
18 ***Example:*** *Jim and Sara helped Dad fix the back door.*	19	20 First day of Spring	21	22	23	24
25	26	27	28	29	30	31

Did you know it's…

- National Nutrition Month
- National School Breakfast Week – *March 5-9*

Achievement Ideas

1. *Veggie of the month — Squash.* Try squash for the first time or try cooking it in a new way.
2. Add jumping jacks to your sit-ups and crunches at least three times a week during TV commericals.
3. Get active around the house and tackle some projects on your home repair list.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Make a smoothie with fresh or frozen fruit, low fat yogurt, and fruit juice.

Lunch
Turn a salad into a main dish by adding chicken or fish.

Dinner
Grilled vegetable kebabs are a healthy complement to any meal.

Simple Snack
Fruit Dip — dip a piece of fruit in yogurt, and then dip it in granola. Use different flavor combinations.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Weight training
- Jogging
- Home repair
- Mall walking
- Juggling
- Walking

Fun Fact

Your muscles account for 30% to 50% of your body weight. To move those muscles your body needs the carbohydrates found in bread, cereal, rice, spaghetti, potatoes, peas, corn, fruit, milk, and yogurt.

Do it for life!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

Creating healthy eating habits can be a walk in the park.

Healthy eating should be regular, easy, and fun.
Don't use food as punishment for bad behavior or use it to reward good behavior.

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Palm Sunday	2	3 Passover	4	5	6 Good Friday	7
8 Easter Sunday	9	10	11	12	13	14
15	16	17	18 ***Example:*** *It was windy, so Billy flew his kite after school today.*	19	20	21
22	23	24	25	26	27	28
29	30					

Did you know it's...

- National Youth Sports Safety Month
- Infants Immunization Week – *April 22-28*
- World Health Day – *April 7*

Achievement Ideas

1. *Fruit of the month — Pears.* Try pears with a meat dish like lean pork.
2. Get your family together and take your dog (or perhaps your neighbor's dog if you don't have one) for a brisk walk.
3. Check out an exercise video from your library and get the whole family involved.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

Meal Tips

Breakfast
Have a glass of calcium-fortified orange juice.

Lunch
Order a veggie pizza and ask for extra vegetables.

Dinner
Use ground beef that is at least 90% lean.

Simple Snack
Ants on a Hill — Spread peanut butter on an apple slice and top with raisins or dried blueberries.

Activities

- Walking a dog
- Racquetball
- Play hoops
- Martial arts
- Jump rope
- Kite flying

Fun Fact

A person burns only about one calorie per minute while watching TV, about the same as sleeping! Get up and move!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

Reel in your kids' food choices.

Encourage your children to make better food choices and to be active. Show them you want them to be healthy by stocking your shelves and refrigerator with healthy choices.

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Cinco de Mayo
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25 *Example: Mom played Frisbee with the kids today.*	26
27	28 Memorial Day	29	30	31		

Did you know it's…

- National Bike Month
- National Physical Fitness & Sports Medicine Month
- National Women's Health Week – *May 13-19*
- National Women's Check-up Day – *May 14*
- National Running and Fitness Week – *May 20-26*
- Bike to Work Week – *May 21-25*
- National Senior Health & Fitness Day – *May 30*
- World "No Tobacco" Day – *May 31*

Achievement Ideas

1. *Veggie of the month — Peppers.* Try cutting up some peppers and eating them as a snack at least twice this month.
2. Remember how much fun skipping rope was when you were a child? Try it again once a week with your kids.
3. Park at the far end of the parking lot each time you go shopping this month.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Substitute whole-wheat flour for some of the white flour in your pancake, waffle, or muffin recipe.

Lunch
Choose lean or low-fat lunch meats for your sandwiches.

Dinner
Add crushed pineapple to coleslaw, or include mandarin oranges or grapes in your tossed salad.

Simple Snack
Maxi Mix — Mix together equal amounts of lightly salted peanuts, raisins, puffed wheat, or other mini-wheat cereal, mini pretzels, and cheese-flavored popcorn.

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30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Biking
- Inline skating
- Mowing the lawn
- Gardening
- Walking

Fun Fact

Breakfast powers up your brain in the morning. Whether at work or school, a good breakfast can help you pay attention and do better.

Do it for life!

IDAHO DEPARTMENT OF HEALTH & WELFARE

Your kids will be happy campers with healthy snacks.

You'll be pleasantly surprised how much your kids start to enjoy healthy snacks like granola bars, apples, baby carrots, and lowfat chocolate milk. Try it and see.

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21 First day of Summer	22	23
24	25	26	27	28	29	30 ***Example:*** *What a great day for a family hike. We went four miles.*

Did you know it's ...

- National Men's Health Week – *June 11-17*
- National Dairy Month

Achievement Ideas

1. *Fruit of the month — Plums.* Try some plums for the first time or use them in a fruit salad.
2. Cut TV out of your evening routine once a week and use that time to take a family walk.
3. Prepare a healthy meal together once a week. Let each member of the family participate.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Turn your leftover brown rice or barley into a breakfast cereal.

Lunch
Try some hummus (chickpeas) spread on pita bread or use to replace mayonnaise in a sandwich.

Dinner
Try to serve fish rich in omega-3 fatty acids, such as salmon or trout.

Simple Snack
Nuked Nachos — Pile pinto beans and low-fat cheese on top of whole-grain baked tortilla chips and microwave until the cheese has melted.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Badminton
- Canoeing
- Frisbee
- Hiking/ backpacking
- Croquet
- Walking

Fun Fact

99% of the calcium in your body is stored in your bones. Bones respond to load-bearing exercises like running and jumping rope by storing more calcium. The more calcium you store, the stronger your bones become. So, drink your milk and move.

Do it for life!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

It's a kick to play with your kids.

Don't just send your kids to the park to play — join them!

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8 ***Example:*** *The kids on the block played a fun soccer game against the parents.*	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Did you know it's ...

- National Therapeutic Recreation Week – *June 8-14*

Achievement Ideas

1. *Veggie of the month — Eggplant.* Try eggplant in a fun and healthy recipe this month.
2. Put on your favorite music (or your child's) and dance together once a week for 15 minutes.
3. Go swimming in a pool or lake. If you can't swim, use a life jacket and kick your legs. Try it at least once this month.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Make egg-white omelets with fresh veggies.

Lunch
Pile on the veggies.

Dinner
Use herbs, spices, and lemon or lime juice instead of salt to season meat and vegetables.

Simple Snack
Yogurt pops — Freeze squeezable yogurt for a quick, creamy popsicle.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Geocaching
- Soccer
- Trampoline
- Horseshoes
- Softball
- Walking

Fun Fact

Up to 60% of the human body is water. Each day you must replace more than 5 pints of water.

Do it for life!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

Healthy snacks help bridge the gap between meals.

Healthy snacks throughout the day will help curb hunger so you and your children won't overeat at mealtimes.

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 *Example: We rode our bikes to the tennis court and played almost an hour.*
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Did you know it's ...

- National Immunization Awareness Month
- World Breastfeeding Week – *July 1-7*

Achievement Ideas

1. *Fruit of the month — Grapes.* Try different kinds of grapes or put them in the freezer for a cool tasty treat.
2. Play Simon Says with your kids and include a lot of bending and stretching at least once a week.
3. Increase your family walk by 10 minutes at least two times a week. Increase how fast you walk if time is a problem.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Spread a whole-grain bagel or toast with light or fat-free cream cheese instead of butter.

Lunch
Add apples, mandarin oranges, or grapes to your salad.

Dinner
Add fruit like pineapple or peaches to kebabs as part of a barbecue meal.

Simple Snack
Strawberry Milksicle — Freeze strawberry lowfat milk in a popsicle container.

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30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Skateboarding
- Bocce ball
- Water skiing
- Tennis
- Volleyball
- Walking

Fun Fact

Fiber plays an important role in keeping your digestive tract healthy. Fiber is only found in plant-based foods like fruits, vegetables, and whole-grain cereals and breads. Brocolli and fruits like apples, blackberries, grapefruits, oranges, and raspberries are good sources of fiber.

Do it for life!

IDAHO DEPARTMENT OF HEALTH & WELFARE

Mealtime can be a real picnic.

Don't eat in front of the television. Instead, sit down together and eat as a family — in the dining room, in your yard, or even at a nearby park.

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Labor Day	4	5	6	7	8
9 Grandparent's Day	10	11 ***Example:*** *Dad, Joe, and Amy all played touch football at the school.*	12	13	14	15
16	17	18	19	20	21	22
23 First day of Autumn	24	25	26	27	28 Native American Day	29
30						

Did you know it's ...

- Fruit and Vegetable Month
- Healthy Aging Month
- National Cholesterol Education Month
- National Women's Health & Fitness Day – *September 26*
- Family Health & Fitness Days USA – *September 29*

Achievement Ideas

1. *Veggie of the month — Garlic.* Try garlic on a veggie pizza or roast it and eat with whole-grain bread.
2. At least three times a week, add standing lunges to your sit-ups, leg lifts, and jumping jacks during TV commericals.
3. Go exploring with your family and take a backpack with healthy snacks.
4. *What's your idea?* _____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Dip cut-up apples in peanut butter.

Lunch
Heat up a bowl of vegetable soup.

Dinner
Oven fry your chicken by lightly spraying cookware with vegetable-oil cooking spray.

Simple Snack
Fruity Freezers — Freeze grapes, cherries, or other fruits for a cool late summer treat. Use them as ice cubes in water or juice.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Touch football
- Trap and skeet
- Play catch
- Hunting
- Bicycling
- Walking

Fun Fact

The nutrients found in fruits, vegetables, and nuts may help slow the aging process, reduce the risk of many diseases, stimulate the immune system, and regulate metabolism.

Do it for life!

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www.5aday.gov (recipes)

IDAHO DEPARTMENT OF HEALTH & WELFARE

The trick is the treat.

Make eating right easy to do. And don't worry; the occasional treat won't ruin your food plan.

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17 ***Example:*** *Bobby beat Mom for the family ping-pong championship.*	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			

Did you know it's ...

- Children's Health Month
- National Campaign for Healthier Babies Month
- National Dental Hygiene Month
- National Family Health Month
- Vegetarian Awareness Month
- National Child Health Day – *October 1*
- National School Lunch Week – *October 8-12*
- World Food Day – *October 16*

Achievement Ideas

1. *Fruit of the month — Apples.* Try a different type of apple than you would usually eat.
2. Prepare a healthy dessert as a family, then talk about what makes it better for your body than a sugary, high-fat dessert.
3. Visit a pumpkin patch and walk all over the field before picking the perfect pumpkin.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Top your cereal with bananas or peaches.

Lunch
Use mustard or hummus on your sandwich instead of mayonnaise, or try using low-fat mayonnaise.

Dinner
Top your pizza with vegetables and reduced-fat cheese.

Simple Snack
Pizza Rollup — Roll 1-2 pieces of mozzarella cheese in a flour tortilla. Dip in marinara sauce.

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Flag football
- Weight training
- Ping pong
- Water aerobics
- Wallyball
- Walking

Fun Fact

What foods contain more Vitamin C than oranges? Kiwifruit, papaya, strawberries, bell peppers, broccoli, and hot chili peppers contain more Vitamin C per serving than an orange.

Do it for life!

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IDAHO DEPARTMENT OF HEALTH & WELFARE

Rake in the benefits of healthy habits.

Get your family into a good routine by setting regular meal, snack, and activity times.

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 Election Day	7	8	9	10
11 Veteran's Day	12	13	14	15	16	17
18 ***Example:*** *It took a little longer, but even baby sister helped rake leaves.*	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

Did you know it's ...

- American Diabetes Month
- Great American Smokeout
- National Healthy Skin Month

Achievement Ideas

1. *Veggie of the month — Yams.* Try some yams for the first time — or try cooking them in a new way.
2. Rake leaves in your own yard and/or volunteer to rake leaves for a elderly neighbor at least twice this month. Make it a family project.
3. Stretch your muscles before sitting down to dinner.
4. *What's your idea?* _____

_____

Total number of achievements this month: _____

fruits & veggies more matters™

Meal Tips

Breakfast
Add blueberries to your pancakes.

Lunch
Choose lean turkey, roast beef, ham, or low-fat lunch meats for sandwiches instead of lunch meats with more fat, such as regular bologna or salami.

Dinner
Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.

Simple Snack
Mousse Madness — Stir together one cup of low-fat chocolate milk with low-fat frozen whipped topping.

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www.mypyramid.gov
www.5aday.gov (recipes)

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Wrestling
- Tai Chi
- Stationary bike
- Raking
- Gymnastics
- Walking

Fun Fact

It's not unusual for many people to gain between three to five pounds during the holiday season. One way to stay on course is to increase your activity level this time of year — perhaps by adding 2,000 steps to your normal amount of walking.

Do it for life!

IDAHO DEPARTMENT OF HEALTH & WELFARE

Take a run at planning healthy meals.

Make a menu for the week, and let your children help you plan meals and make the shopping list. Don't go shopping when you're hungry and stick to the shopping list — resist the urge to add unplanned items into your basket.

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Hanukkah begins	6	7	8
9	10 ***Example:*** *What a fun sledding trip we went on after Dad got home.*	11	12 Hanukkah ends	13	14	15
16	17	18	19	20	21	22 First day of Winter
23	24	25 Christmas Day	26 Kwanzaa begins	27	28	29
30	31 New Year's Eve					

Did you know it's…

- World AIDS Day – *December 1*

Achievement Ideas

1. Bring your family together and reflect on all of the achievements you made this year. Celebrate with a healthy treat or a family walk.
2. Play in the snow with your children — or drive to some nearby snow and play hard.
3. Make your shopping trip more of a workout by parking as far from the store as you can.
4. *What's your idea?* _____

Total number of achievements for the year: _____

Meal Tips

Breakfast
Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.

Lunch
Eat a piece of fruit with your burger or sandwich instead of fries or chips.

Dinner
Substitute low-fat cottage cheese or low-fat or fat-free yogurt for sour cream on that baked potato.

Simple Snack
Treat yourself to baked pears or apples for an easy, nutritious, and tasty snack.

www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.5aday.gov (recipes)

30 MINUTES FOR ADULTS
60 MINUTES FOR KIDS
OF PHYSICAL ACTIVITY EACH DAY.

Activities

- Skiing
- Snowboarding
- Snowmobiling
- Build a snow fort
- Sledding
- Mall walking

Fun Fact

Research studies have shown that a workout can lift your spirits. Regular exercise can enhance your mood and overall sense of well-being.

fruits & veggies more matters™

Do it for life!

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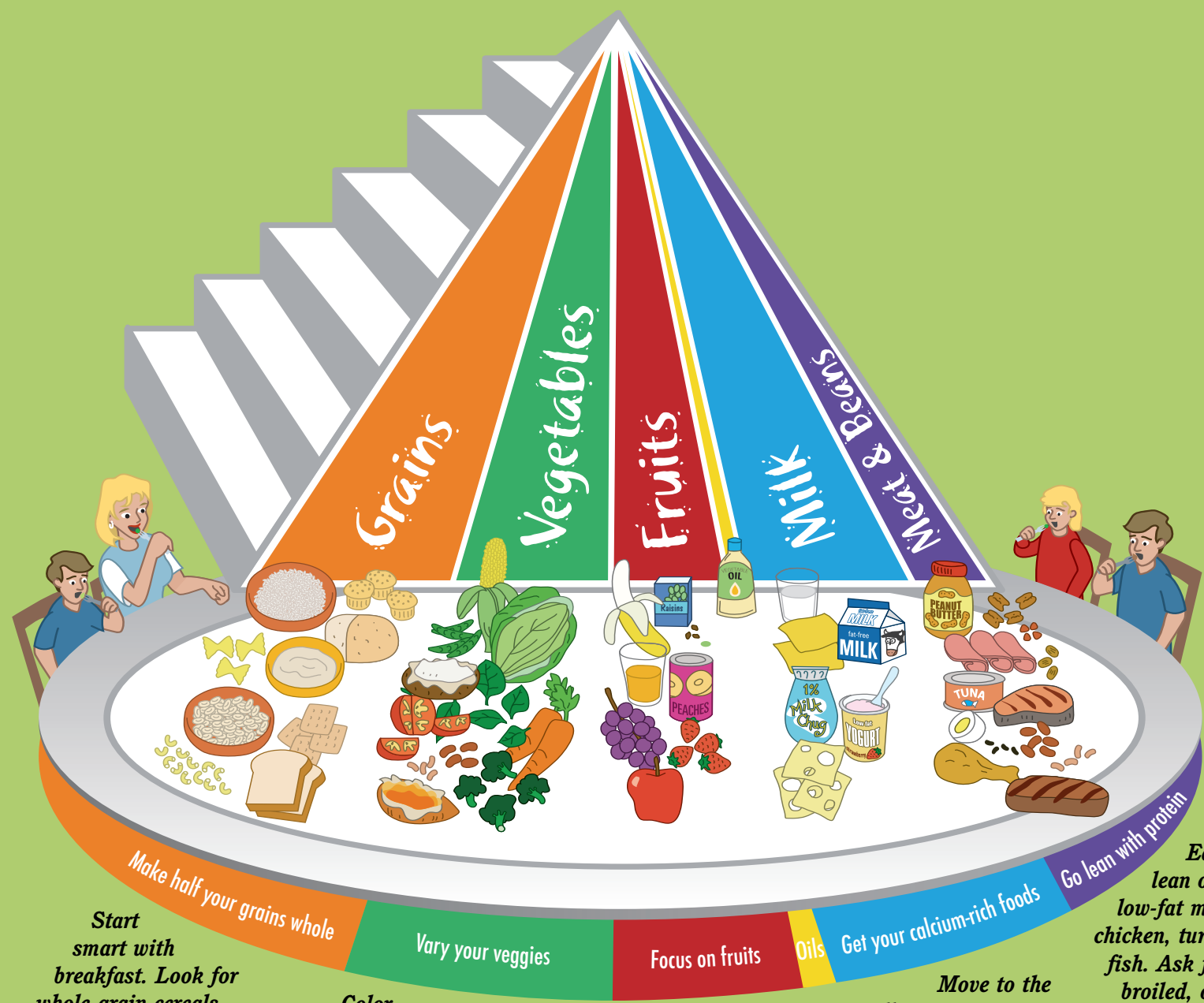
Learn to identify a proper serving size.

Use these comparisons when preparing or serving meals. Controlling portion size is an important part of maintaining a healthy lifestyle.

1 Serving ► Similar to:		*1 Serving ► Similar to:*	
1 cup of cereal ►	a fist	1/2 cup of fresh fruit ►	1/2 baseball
1/2 cup of cooked rice, pasta, or potato ►	1/2 baseball	1 1/2 ounces of low-fat or fat-free cheese ►	4 stacked dice
1 baked potato ►	a fist	1/2 cup of ice cream ►	1/2 baseball
1 medium fruit ►	a baseball	2 tablespoons of peanut butter ►	a ping-pong ball

Eat Healthy for Life.



Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100%.

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is low-fat or fat-free.

Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

Healthy Habits Quiz

Take the Healthy Habits Quiz to help identify areas where your family may want to make changes.

Do you and your family…	**Yes** = *2 pts*	**Sometimes** = *1 pt*	**No** = *0 pts*
• Have regularly scheduled mealtimes at home?			
• Eat meals together at least once a day?			
• Plan snacks?			
• Tailor portion sizes to each person's needs?			
• Eat three meals every day?			
• Try to make mealtimes enjoyable?			
• Avoid making everyone eat everthing on their plate?			
• Make meals last more than fifteen minutes?			
• Eat only in designated areas of the house?			
• Avoid using food to punish or reward?			
• Enjoy physical activities together once or twice a week?			

If your total score is:

20-22 — Your family is on the right track. Use this guide for additional healthy eating and physical activity ideas.

13-19 — Your family is doing well, but could work on areas where you answered "no/sometimes."

12 or lower — This guide should be very helpful as you try to help your child reach a healthy weight.

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Check out theses additional resources:

www.aap.org – Children's health topics from the American Academy of Pediatrics.

www.americanheart.org – Ideas for raising healthy families from the American Heart Association.

www.americaonthemove.org – Tools for getting more active and preventing weight gain from the America on the Move organization.

www.mypyramid.gov/kids – Healthy eating and exercise tips for kids and family from the U.S. Department of Agriculture.

www.presidentschallenge.org – Programs to get more active and fit from the President's Council on Physical Fitness and Sports.

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_ for_everyone/resources/index.htm – Nutrition and activity resources from the U.S. Centers for Disease Control and Prevention.

www.eatright.org – Food and nutrition information from the American Dietetic Association.

Do it for life!

Healthy Habits. Healthy Families.

2 0 0 7

See the big picture.

When the year is over put the months together for a picture of a healthier lifestyle.

Let's do it for life!

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