

Family Fitness



Gameplan for Family Fitness

- Be a good role model. Try to get at least 30 minutes of exercise 5-7 days a week.
- Limit TV and video games to no more than one hour per day.
- Make fitness a part of everyday life.
- Be positive. Make fitness fun!
- Plan for exercise using the Activity Pyramid. If you do not plan for exercise, it may not happen.

Model Behavior

- Schedule meals and snacks.
- Sit down and eat with the children. Adults at mealtime are role models.
- Prepare and serve a variety of foods.
- Be aware of portion sizes.
- Remember...no one needs to be a member of the “clean plate club”.
- Turn off the TV during meals.
- Dessert should be just a part of the meal – not a reward for eating “what is good for you”.

To get this information in your preferred language and/or accessible format, please call Member Services at 1-888-665-4621.