CATCH Healthy Habits at Home

Below are simple steps that will add up to a big difference in your family's health.

Select the ones that are best suited for your family and keep it simple.

✔ Review the list all together with the family.

✔ Check off everything you are already doing.

✔ Circle/Highlight a couple of new things your family will try together.

✔ Try it for at least 2 weeks, then talk together as a family.

✔ Celebrate by checking off your successes and achievements.

✔ Pick and conquer something new.

Getting Active!

❏ We use the stairs instead of the elevator or escalator.

❏ We keep the TV turned off at meal times.

❏ We limit screen time (TV, video games, computer, etc.) to two hours per day.

❏ We keep the TV out of the kid's bedrooms.

❏ We walk together 10 minutes a day at least three times a week.

❏ We park the car a bit farther away so that we can walk.

❏ We play outside together after school and work at least one day a week.

❏ We plan family time together that includes being physically active (walking, riding bikes, working outside, swimming, etc.)

❏ We walk or bike on a short trip instead of taking the car at least once during the week.

❏ We walk to school together one day a week.

❏ We do household chores together.

❏ We stretch or do yoga while watching TV.

Eating & Drinking Healthy!

❏ We eat together at least twice a week.

❏ We eat a fruit or vegetable at every meal.

❏ We eat a fruit or vegetable as a snack every day.

❏ We try not to eat too much fast food.

❏ We never supersize, unless it is to share with others.

❏ We buy frozen, canned, or dried fruits and vegetables.

❏ We buy whole grain bread (whole wheat, bran, oatmeal, multigrain).

❏ We use small amounts of margarine, butter and salad dressings.

❏ We bake, broil, grill, microwave meats, fish, and poultry.

❏ We buy less soda for the home.

❏ We drink more water or pure fruit juice.

❏ We drink 1% or skim milk.

❏ We hardly eat foods of minimum nutritional value.

Family Members Involved: _____

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_____

CATCH®