

Ranae L. Aspen
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Keeping our family healthy can be challenging. There are some simple things you can do that will help you with this daunting task. Planning for healthy meals, physical activity and creating healthy habits can all be of help when looking at the overall health of your family.

Get your whole family involved in shopping for healthy foods. You can begin by doing a simple meal plan that allows your family to have a say in items to include in your diet. Things like fresh fruits for snacks and trying a new vegetable for one of your meals. Another way is to give your children choices, “would you like yogurt or string cheese for your snack today?”

Cooking together is also a way to promote healthy eating. Remember, having meals together is not only about eating healthy but connecting with your family and having rich conversations about things that are happening in school and in your lives. While this can be challenging as children become involved in after school activities, if you can routinely have family sit down meals at home a few times during the week, this will promote healthy eating and healthy relationship building skills that will last a lifetime.

Encourage family physical activity. This is another great way to spend time together. Regular fitness routines strengthen muscle and bones, promotes healthy body weight, supports learning, and develops social skills. All of this also increases self-esteem. The family that moves together gets healthy together.

Have fun, eat healthy, cook together, and get moving together! What are you waiting for? You won't regret it! This will be a life-long healthy lifestyle that will help everyone in your family. For more information on healthy lifestyles, visit <https://food.unl.edu/>

Resource: <https://food.unl.edu/newsletter/food-fun-young-children/simple-ways-boost-your-child%E2%80%99s-health>