

# TODAY'S FUTURE

## Answers 4 Families

When there is someone in your family with special needs, you may find yourself looking for answers.

Answers4Families.org is Nebraska's support and information connection for families and professionals seeking assistance.

## Family Fit Lifestyle Month

Family Fit Lifestyle Month is the best time to get the whole family to create healthy lifestyle habits. Four tips to help you do just that!

### Tip #1 Eat the Right Amount of Calories for You

Everybody requires a different amount of calories depending on their age, gender, height, weight, and physical activity level. To determine the appropriate amount of calories for you, enter your information into the Daily Food Plan by Choose MyPlate at <http://1.usa.gov/1cZJCUg> to receive a personalized plan.

### Tip #2 Build a Healthy Plate by Following MyPlate

- Make half of your plate fruits and vegetables.
- When consuming dairy foods, switch to fat - free or low - fat (1%).
- Make at least half your grains whole grains.
- Vary your protein food choices.

### Tip #3 Cut Back on Foods High in Solid Fats, Added Sugars & Salt

Consuming foods high in solid fats, added sugars, and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks and select fruit for dessert. Add spices or herbs to season food instead of adding salt and compare sodium in foods like soup, bread, and frozen meals. Eat cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs in moderation.



### Tip #4 Be Physically Active Your Way



It is important to be physically active your way. Start by doing what you can and picking activities you like for at least 10 minutes at a time. To gain the most health benefits, adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate - intensity aerobic activity each week and youth should do 60 minutes (1 hour) or more of physical activity daily.

Help your family move more each day and have fun with it.

Think about what your family can do to be active together. Here are some ideas:

- Bike to the library together
- Walk or bike to your children's sports events to cheer for them
- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game, a dance contest, or a Frisbee™ match
- Train together for a charity walk or run

Source: WalkNebraska Newsletter & National Heart Lung and Blood Institute