

Childhood Action Plan to Promote Healthy and Fit Families

Goals are most successful when all family members participate and support one another.

Choose one or two goals your family will work to achieve:



**5 servings of fruits
and vegetables**

5 servings of fruits and vegetables daily

- ☐ Include at least one fruit or vegetable with every snack or meal
- ☐ Add color: make $\frac{1}{2}$ your plate fruits or vegetables at most meals
- ☐ Add extra vegetables to tacos, stews, burritos, soups, etc.



**2 hours or less of
screen time**

2 or less hours of screen time daily

- ☐ Remove TV and screens from bedrooms
- ☐ Enjoy time outside: daily green hour without any screens
- ☐ Unplug the family for 1-2 weeks, plan activities without screens
- ☐ Join after school activities or community centers
- ☐ Turn off TV during meals



**1 hour or more of
physical activity**

1 or more hours of physical activity daily

- ☐ Walk or bike to school (or at least the last 5 blocks)
- ☐ Join a sports team, dance group or outdoor club
- ☐ Play outside daily: invent games, jump in leaves, build snow forts, etc.
- ☐ Sign up for a recreation pass as a family or with friends
- ☐ Spend family time together hiking, playing a sport or other activities



**0 sweetened
beverages**

0 sweetened beverages daily

- ☐ Drink nonfat milk, water, or water flavored with fruit
- ☐ Save money: do not buy soda, sports drinks, fruit drinks
- ☐ Reduce amount of soda, sports drinks, fruit drinks to ____/week

Other

- ☐ Eat breakfast daily
- ☐ Eat dinner as a family ____ times/week
- ☐ Serve smaller portions (see mypyramid.gov)
- ☐ Eat out/take out less than ____ times/week
- ☐ Additional goal: _____

Signatures

Patient _____
Parent or Caregiver _____
Provider _____

Date _____
Date _____
Date _____

For resources on how to achieve your family goals, please visit www.healthteamworks.org.



5 servings of fruits and vegetables daily



2 hours or less of screen time



1 hour or more of physical activity daily



0 sweetened beverages

Nutrition

Feeding Practices

- Eat and buy foods you want your child to eat.
- Enjoy regular mealtimes together.
- Reward with activity and reading rather than food.
- Children eat different amounts from day to day. Let your child decide how much to eat.
- New foods need to be offered as many as 10 times or more before being accepted.
- Eating breakfast improves attention and grades, and decreases the risk of obesity.
- When eating out choose grilled, steamed, and baked foods instead of fried foods.

Food Choices

- Use the plate method: fill $\frac{1}{2}$ your plate with fruits and vegetables, $\frac{1}{4}$ whole grain, $\frac{1}{4}$ lean protein.
- Eat dark green and orange vegetables every day. Try fresh, frozen or canned vegetables.
- Encourage whole fruit instead of juice, and serve fresh fruit that is in season.
- Whole grain foods include: brown rice, oatmeal, bran cereal, whole grain breads, and whole grain pasta.
- Choose lean protein: beans, fish, poultry, eggs, pork, beef.
- Serve nonfat milk with meals and water between meals.

Physical Activity

(Minimum of 60 minutes throughout the day)

- Play and have fun together as a family or with peers.
- Improve your health and the planet's health: walk, bike or use public transit when possible.
- Find physical activities your child/teen enjoys, i.e. sports, dance, outdoor activities.
- Join a recreation center, YMCA or boys and girls club.
- Television and screens in bedrooms interfere with sleep and increase usage.
- Enjoy nature and activities as a family: get outside!
- Toddlers and preschool children need several hours of unstructured movement every day in addition to 30 minutes of structured daily activity. Avoid periods of inactivity more than 60 minutes at a time.

Resources

Nutrition

- www.letsmove.gov
- www.mypyramid.gov
- <http://wecan.nhlbi.nih.gov>
- www.operationfrontline.org
- www.eatrightcolorado.org

Physical Activity

- www.nwf.org/Get-Outside
- www.bgca.org
- www.bam.gov
- www.naturefind.com
- www.fitness.gov/funfit/kidsinaction.html

For additional resources, visit www.healthteamworks.org.