



# BUILDING Healthy Habits for Busy Families



# What we believe...

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all have worth

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health at every size

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we are all learning

In our  
hour  
together



## FOOD

Learn about the core ingredients for a well-balanced family meal

Explore strategies for making quick & easy meals and snacks

## MOVE

Discuss the key aspects of physical fitness and share helpful tips for integrating new movement habits.

## MIND

Delve into the dynamics of 'body talk' and how it impacts a person's opinion of their body

## FAMILY

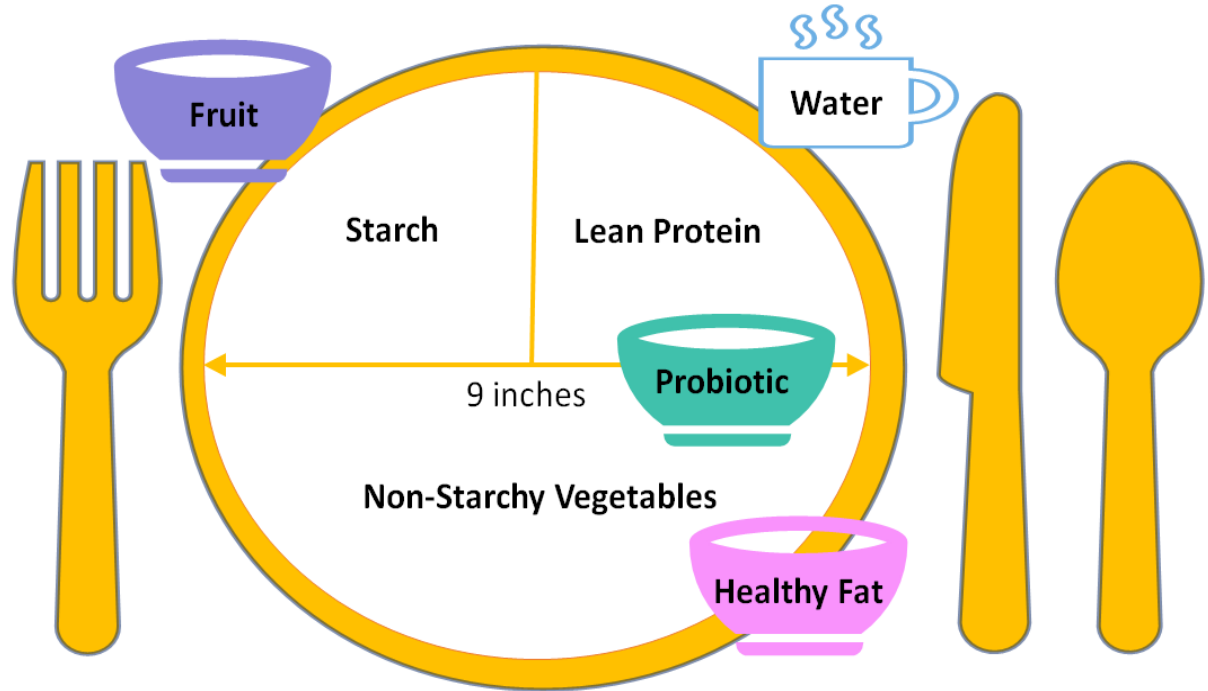
Examine the methods for creating an achievable health goal.

Develop a plan for including the whole family in a health goal

# FOOD

## The Plate Method

A balanced meal breaks down slowly.  
Keeps you full longer and reduces blood sugar spikes.



# FOOD

## The Plate Method

What does that **look like?**!



- Chop up some grilled chicken
- Sweet potato—chop into fries/wedge shape. Coat in avocado oil and seasoning. Roast.
- Take some leafy greens and add 2-3 veggies you have in your kitchen. (Carrots, tomatoes, peppers, microwaved frozen veggies)



- Chicken OR pre-made tofu
- Garbanzo or black beans
- Add in a little rice or quinoa, corn, sweet potato, cherry tomatoes, cilantro, steamed veggies.
- Add a small amount of cilantro and salsa or avocado.



- Give everyone 1-2 corn tortillas with a serving of the protein on each.
- Set out bowls of shredded lettuce, salsa, corn, beans, Greek yogurt (instead of sour cream), avocado...



# FOOD

## Balanced Snacks

## Snack Examples

### Rainbow Yogurt Parfait

Put some Greek yogurt into fun or to-go bowls. Provide an assortment of berries, fruit, seeds, nuts



### Avocado Egg Toast

Hard boil eggs, cut and mix w/ avocado. Spread on whole wheat toast



### Quick & Easy to Carry

Apple and a small bag of nuts (almonds, walnuts)



### Nut butter 'Caramel' Dip

Whip your nut butter of choice with water. (1:1 ratio)  
Serve immediately in a bowl with cut up apples and celery.



# Tuesday evening in the Lopez family:

I left work at 4pm and swung by the school to pick up the kids on the way home. Of course, there was traffic, and while we were sitting in that traffic, my 5<sup>th</sup> grader let me know that they have a project due tomorrow. We are almost home, but the kids are restless, cranky and hungry. My spouse is working late tonight, so it's just me on dinner duty.

Usually, I would have driven through the fast-food restaurant at the bottom of our street.

But this evening I really want to put a healthy balanced plate together for my family.

***What am I going to do?***



# FOOD

## The Plate Method

### Groups:

Put together a meal.

Brainstorm barriers the Lopez family might encounter.

## In the Lopez Kitchen



### Refrigerator

- Eggs
- Carrots
- Asparagus
- Broccoli
- Greek yogurt
- Frozen grilled chicken strips
- Frozen rice
- Frozen mixed vegetables



### Pantry

- Lemons
- Tomatoes
- Cans of black beans, garbanzo beans, tuna, green beans, peas, corn
- Bananas
- Apples
- Avocados



The background of the slide features a soft-focus photograph of a woman on the left and a young child on the right, both engaged in eating. The woman is holding a green spoon, and the child has a pouting expression. The overall tone is warm and domestic.

# Tips & Strategies

Include familiar foods

Small portions

Model enjoyment

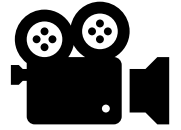
Favorite sauce or dip

Try a different preparation

Recruit helpers

Wait a few weeks before trying again

# Let's watch!



VOTE for the video you want to see.

## BALANCED BITE 1

Toddler In the  
Kitchen!



## BALANCED BITE 2

Kid's Kitchen  
Gone Wild!



## BALANCED BITE 3

Tasty Teens





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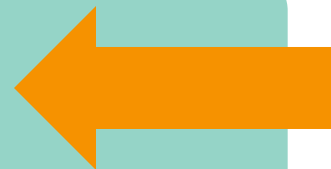
# MOVE

*Small is good*


Movement is  
a ***celebration***

Cardio

Strength



Flexability



# What is strength training?

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Let's hear from one of  
Positive Choice's  
exercise physiologists



# MOVE

## Strength Training

## How?

### Family Time

Bonding  
Making positive memories  
Exploring the outdoors



### Adolescents

Safe, structuring  
strength training  
Team Sports



### Exercise Snacks

1. Pick ONE activity. JUST ONE!
2. Tie to an activity you already do.
3. Give yourself a big congrats!



# MOVE

## Strength Training

## Examples

### Weights & Bands

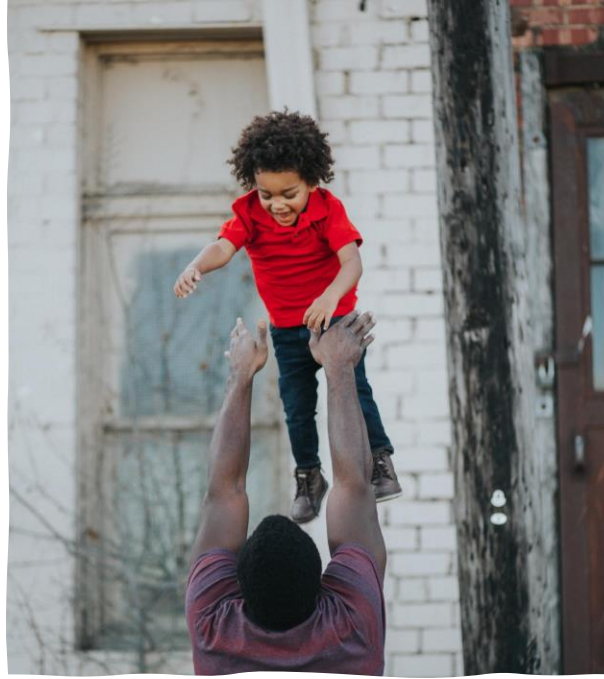
- Keep weights or bands by the couch.
- Get creative!
- What else can you use besides weights?



### Body Weight

- Squats while you brush your teeth, after you put on the shower/flush the toilet/wait for the microwave.
- Counter pushups.
- Pushup & plank party!
- Lunges down the hallway.





## MOVE Strength Training

- Small is good
- Movement is a *celebration*
- Embrace the exercise snack



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# MIND

## Body Talk

Body talk is a person's comments, thoughts, feelings and perception of the aesthetics or attractiveness of their or another's own body.

Often a result of the subjective picture or mental image of one's own body.

How do you talk to your body?

How do you talk about your body?





SHAME



- Overeating
- Mindless eating

**Model**  
appreciation for  
your body

RESPECT



- Stable body weight
- More physical activity
- More fruits & veggies

**Greet** others with  
non-body  
comments

**Talk** about food  
as nourishment &  
enjoyment

# Activity: Body Appreciation

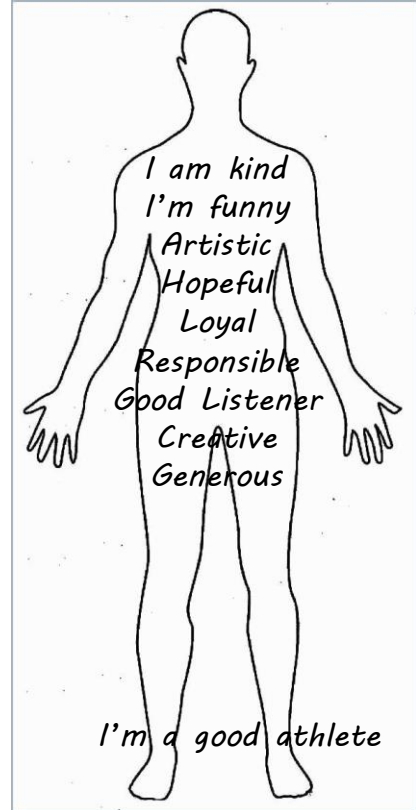
"If loving your body feels out of reach, how about befriending your body, caring for your body, appreciating your body?"

-Oona Hanson

1. Draw an outline of your body.
2. Fill in with descriptions that elicit a sense of pride.

**Let's do this together.**

We'll brainstorm potential phrases, adjectives, examples...





"If there is anything that we wish to change in our children, we should first examine it and see whether it is not something that could better be charged in ourselves.

-Carl Jung

# Body Comment Comebacks

What are some body comments that you have overheard or received?

## Let's practice:

- Oh, your diet must be working. You look great!
- Ugh, these jeans are so tight on me. I really need to hit the gym.
- Jessie is pleasantly plump. She'd be so pretty if she lost some weight.
- Wow, how are these kids even related? Mel is quite stocky. Their brother is so slim. I wonder who they take after?
- You shouldn't eat that. It will make you fat.
- That actress on your show has gotten so chubby.





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# FAMILY

What will  
be your family's  
first small goal?

Get the whole family  
involved.

Make it  
small.

Make it  
measurable.

Give it a  
timeline.

Come up with a fun, family reward.  
(Make it non-food related.)

Celebrate  
all the small  
successes!



# A family goal

We are going to exercise more!

Timeline

Saturday morning, we are going to take 90 minutes and walk to the park to play soccer.

Small & Measurable

Whole family got involved

As a reward, we get to...





This past hour  
together we've  
talked about a lot!

How do you feel?

How will you bring  
your family  
together to build a  
small goal?



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Discuss the  
key aspects of  
physical  
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share helpful  
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integrating  
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the  
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Questions...

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