BUILDING
Healthy Habits for Busy Families
What we believe...

all have worth

health at every size

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

The Plate Method

- Starch
- Lean Protein
- Non-Starchy Vegetables
- Probiotic
- Healthy Fat
- Fruit
- Water
**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...
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 5th 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

In the Lopez Kitchen

The Plate Method

Groups:
Put together a meal.
Brainstorm barriers the Lopez family might encounter.

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

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Small is good

Movement is a celebration

MOVE
Cardio
Strength
Flexability
What is strength training?

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**

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**Weights & Bands**

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

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

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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

RESPECT

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

Model appreciation for your body

Greet others with non-body comments

Talk about food as nourishment & enjoyment
Activity: Body Appreciation

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

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

- Oona Hanson

Let's do this together.
We'll brainstorm potential phrases, adjectives, examples...

I am kind
I’m funny
Artistic
Hopeful
Loyal
Responsible
Good Listener
Creative
Generous

I’m a good athlete
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!

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

Whole family got involved

Small & Measurable

Timeline

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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Questions...