

Balance Your *Work & Family Life*

Lead by Example. Parents are often role models for their children, so make sure you set a good example. Kids are more likely to adapt a healthy lifestyle if it is encouraged in the household and they see their parents following the same rules.

Fitness Fun! Take action in staying active and exercising as a family. Make it fun by doing an outdoor activity while the weather is still nice such as going to a local batting cage, or playing a sport at a nearby park with the entire family. Encourage your kids to invite along their friends for added FUN!

PACK and SNACK Smart! When you feel like snacking, have some healthy options to satisfy your taste buds. Instead of having a bag of regular chips, try packing some multi-grain crackers instead. If you're craving something sweet, yogurt with granola or fresh fruit is a healthier option.

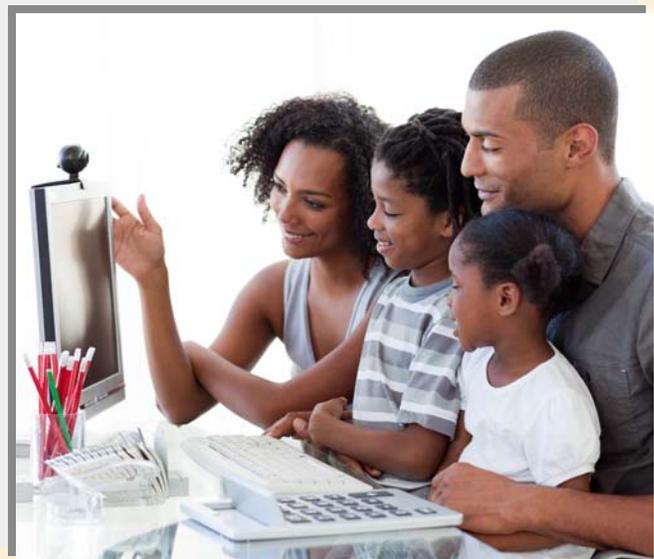
Spend time with your family! Sometimes it's tough to think of new ideas or plans for family activities, but it's still important to catch up on quality time with each other. Encourage each person in the family to take turns at arranging plans for the next family night (such as a stroll in the park, apple-picking, playing a game, etc.).

Start the Day off Right! Make sure to eat breakfast every day to stay energized for the day ahead of you. People who eat breakfast are less likely to overeat later in the day so even if it's a quick grab-and-go, make sure to consume something nutritious!

Stay hydrated! Not only is good nutrition important for your family, staying hydrated is also a key step to maintaining good health. Substitute a high-sugar and calorie beverage with water, zero-calorie flavored water, non-fat milk, unsweetened tea, etc.

Variety is Good! Enjoy a variety of foods while keeping the key food groups in mind (such as fruits & vegetables, protein, dairy and whole grains) during family meals. Focus on moderation to prevent feeling too full or tired after you eat.

No more Excuses! After a long day at work, you may want to stay home and relax. Instead of going to a gym, you could exercise with the entire family by doing a few routines from a work-out video/DVD. Stay fit and feel great!



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