



EAT GOOD TO FEEL GOOD!

Plan for Health. Involve children when preparing nutritious meals and educate them on making healthy decisions. Plan what and how much to eat. Select smart options when it comes to grocery shopping.

Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours?
For more information, visit http://www.cpmc.osd.mil/wellness/wellness_fitchallenge.aspx





Like Father...

Like Son...

Engage Together! There are several FUN-tivities that you can do to encourage kids to stay active. See if your local community is planning to have a charity walk/run and train as family. Other activities include biking, household chores, walking to the park, etc.



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A Family that Moves Together...



STAYS FIT TOGETHER!

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Put Your Best Foot Forward...



TOGETHER!

Establish Rules! Brainstorm a list of “house rules” with your family that communicate “health and wellness”. Be creative: Make a “house rule” that you can’t sit during commercial breaks while watching television. Encourage everyone in the living room to do jumping jacks, stretches, or a few bicep curls instead.

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