

Slam Dunk into Health

March 2013

Join the frenzy and jump into fitness. By making outings more active and trying new fruits and vegetables, you might be surprised how easy it is to stay on top of the health game.

Move it! Madness

- Plan a family night once a week centered around activity.
- Go to the park for a game of basketball, soccer, tennis or tag.
- Visit museums or theme parks that require a lot of walking.
- If you choose to go to a movie, park farther away than normal.
- Have a grocery shopping race, divide into teams and divide the shopping list. Race to get all your items and whoever checks out first wins!

Fruit Frenzy, Veggie Vengeance

- Widen your family's horizons by trying new fruits and veggies. Check out the Fruit & Veggie list to get ideas!
- Schedule a family trip to the grocery store on the Family Time Management calendar.
- Have children choose one new fruit and veggie a week to try from the Fruit & Veggie list.
- Aim high and eat five servings a day of fruits and veggies.
- Throw in a trick play and eat fruits and veggies of all different colors .
- Cross off the fruit or veggie once you have eaten it. See how many different ones your family can eat in one month.



Family Prime Time

Whether your family is large or small, time management is essential. Family time management takes persistence and patience to master. Working together to get a system that works well for your family is what's important. Be open to change; if something doesn't work after a couple of weeks then change it.

For my time management tips, check out the Family Time Management Calendar.

You'll be operating like a well oiled, stress and chaos free family in no time!



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