FAMILY HEALTH

Physical activity is important for children and adults of all ages. Adults need 2.5 hours a week of physical activity and children need 60 minutes a day.

Be an Active Family!

WORK AROUND THE HOUSE
Involve the kids by having them help you with raking, weeding, planting, or vacuuming.

EXPLORE YOUR COMMUNITY
Find out what programs your community recreation center offers for free or at a low cost.

TURN OFF THE TV/DEVICES
Limit TV/computer/tablet use to a max of 2 hours a day. Instead, play an active family game, dance to good music, or go for a walk.

TREAT THE FAMILY WITH FUN PHYSICAL ACTIVITY
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

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Source: Center for Disease Control

Graphics: SkyClick / Freepik
**HEALTHY RECIPE: CHICKEN AND CELERY SALAD**

**INGREDIENTS:**
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. fresh parsley, finely chopped
- ½ tsp. fresh thyme, chopped or ¼ tsp. dried thyme
- 1 tsp. fresh chile, finely chopped
- 2 cups cooked chicken, cut into small pieces
- 1 cup celery, finely chopped
- Salt and pepper (optional)

**PREPARATION:**
1) In a medium bowl, mix together the onion and garlic.
2) Stir in the lemon juice, olive oil, parsley, thyme and chile.
3) Add the chicken.
4) Add a pinch of salt and pepper if desired.
5) Just before serving, add the celery.

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**MAKING FAMILY MEALS**

Family meals around the table provide an opportunity to spend time together. Try these tips to help your family enjoy mealtimes together.

01 **PLAN A WEEKLY MENU**
Post it in the kitchen where everyone can see.

02 **PREP AHEAD**
After you shop, cut up vegetables, measure, and store ingredients in advance for easier meal prep.

03 **MAKE MEALTIME A PRIORITY**
Try to cook, eat up, and clean up together!

04 **THINK BEYOND DINNER**
If evenings are too busy, try other meals for family time such as a weekend brunch or afternoon snack time.

05 **MEALTIME IS FAMILY TIME**
Have the family table be a device/stress free zone. Use your valuable family time to “unplug,” interact, and focus on each other.

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“Exercising as a family is not only fun, but it brings you closer together. You want to live as long as you can and stay healthy not just for yourself, but for your family as well.”

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**Source:** The Happy Kitchen | Cocina Alegre

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**Source:** Cener for Disease Control Graphics: macrovector / Freepik