

LET'S GET STARTED

Food brings us together and connects us. There is something powerful about coming together at a family table where you can share food with others, talk, and create and strengthen bonds of attachment and friendship. And whether your family table is a table of one or of many, we hope you sit and dine mindfully, taking the time to enjoy, savor, and be thankful for the food before you.

Lots of love can grow not just at the table, but also in the kitchen while creating meals. We hope you develop a love of cooking and better yet, that you get to share that experience with family members- especially the children in your life. The benefits of cooking with kids are endless, and it is a skill that will stay with them forever!

And as we discuss caring for our bodies, we also need to remember the physical aspect of well-being: movement! Review our material here and do an honest self-assessment of how you are doing on meeting your activity level.

A great way to get kids excited about cooking is by starting with simple (and delicious!) snacks, such as smoothies. Invite a helper to test out these inventive smoothie and dip recipes, and help them to discover the delights of cooking together!

Cooking Benefits Your Kids



- Kids that cook are **MORE APT TO EAT WHAT THEY MAKE AND MAKE HEALTHY FOOD CHOICES.**
- They **LEARN SOLID HANDS-ON LESSONS** in science, math, language and creativity when they cook.
- Kids that cook **LEARN TEAM WORK, LIFE SKILLS AND FEEL THE IMPORTANCE OF CONTRIBUTING** to the family.
- Cooking leads to **A SENSE OF ACCOMPLISHMENT** and pride.
- It **BOOSTS SELF-ESTEEM AND IS FUN!**

The Scoop on Getting Up and Staying Active

Another core health habit is engaging in regular physical activity and exercise. Everyone needs regular physical activity because it helps increase energy, strengthen muscles, relieve stress, improve mood and manage weight.

TODDLERS AND CHILDREN need at least 60 minutes of unstructured play and 30 minutes of adult-led play each day according to the American Academy of Pediatrics. Unstructured play nurtures interests, talents, problem-solving skills and creativity in young children. This type of play can include anything from chasing the family pet to playing with building blocks to romping on the floor.

TEENS need 60 minutes of moderate or vigorous aerobic activity each day. At least three days should include muscle- and bone-strengthening exercises.

ADULTS need 150 minutes of moderate aerobic activity each week, and a minimum of two days should include muscle-strengthening activities.

You can gauge your activity level by taking the “talk and sing” test. Moderate aerobic activity allows you to talk, but not sing, and vigorous aerobic activity allows you to say only a few words at a time. If you can talk and sing, you know you have to turn up your intensity level.

SELF-CHECK

About how many minutes of physical activity do you get daily? _____

About how many minutes of physical activity do you get weekly? _____

About how many minutes of physical activity, or unstructured play, do your children get daily? _____

About how many minutes of physical activity, or unstructured play, do your children get each weekly? _____

What can you do to help yourself and your family become more active?
Write down your ideas here: _____

