



Healthy Living Tips for Families



Overview

When life is busy, our health may be the last thing we think about. But adopting healthy habits doesn't have to be hard. It doesn't have to be time-consuming. Let's learn about some simple ways your family can live a healthy life.

Diet

First, think about what your family eats. Strive for a balanced diet with plenty of whole grains, fresh fruits and vegetables. Choose lean proteins. Avoid processed meat and junk food. Get your kids more involved by asking them to help plan healthy meals. Choose water instead of sweetened drinks. Snack wisely. And eat meals together as a family as often as you can.

Exercise

A healthy lifestyle also includes exercise. Your family can stay in shape by being active together. Instead of watching TV or playing video games, get up, get out and get moving. Take a walk around your neighborhood. Visit the park and play ball or play tag for some cardio. When you take a trip, try to make time for hiking, biking or other physical activities.

Things to avoid

It's also important steer away from things we know are unhealthy. So parents, don't smoke. Limit the amount of alcohol you drink, or avoid it entirely. Talk to your kids about the dangers of things like vaping, drugs and alcohol. And watch for problems like stress and depression.

Conclusion

Finally, don't forget about the basics. Make sure everyone in your family sees the doctor and dentist regularly. For more health tips, talk to your doctor.

