



GET EVERYONE ON BOARD

A team is a group of people who come together to reach a common goal. Most of us have played a team sport, are part of a team at work, or serve on a team at church. We may not realize it, but we are all part of another “team” with the potential to be truly great – *our family*. By working together, your family can accomplish tasks both small and large – from cleaning the house to transforming your health – in a faster, fun way!

The Facts:

- A Leeds University (UK) study followed successful young graduates of weight loss camps and their overweight parents for about a year and found that 80 percent of the kids who continued to lose weight had parents who also changed their diet and activity levels and lost weight with them. But if the parents stuck to their old habits, everyone was more likely to start adding pounds¹.

GETTING EVERYONE ON BOARD:

1. **Lead by example.** Parents and other important relatives must commit to making changes first, before children can be expected to follow. **Think about creating a family mission statement where wellness is a priority.*
2. **Set individual goals and assign tasks.** Whether to lose weight, eat more plant foods, be more active, or learn to cook nutritious meals, each family member should have a daily role to play. **Try assigning each person with the task of planning one meal each week.*
3. **Work as a team.** Engage children and spouses in selecting recipes for dinner, packing nutritious lunches, creating healthy snacks AND removing sugary beverages and snack foods from the house. **While at the grocery store, have them find foods with 5 ingredients or less. Challenge them to find breakfast cereals with less than 5 grams of sugar per serving.*
4. **Learn from past mistakes!** Identify why wellness has not worked for your family in the past and do not repeat those behaviors. **Instead of using food as a reward, use family time to reward good behavior and participation in healthy habits. *Avoid temptation at the grocery store. *Be open and honest about your successes and struggles.*

¹“Treatment and Innovation: Description and Evaluation of New Programs Currently Available for Your Patients”, Daniel S. Kirschenbaum, Ph.D., et al, Obesity Management, December 2007, 261-266