



MAKE WELLNESS #1

We don't always prioritize a healthy lifestyle. Our family's health takes a backseat to work, school, and other activities. We spend our time and money on the latest electronics and designer clothes. After time, these items fall out of fashion while healthy habits never go out of style. ***Prioritizing healthy habits can be a way for families to connect while improving quality of life.***

The Facts:

- ***Living the Average American lifestyle can result in a shortened lifespan with lifestyle-related illnesses like heart disease, cancer and diabetes.*** The CDC reports the leading causes of death are heart disease, cancer, lung disease, stroke¹, most of which are preventable.
- ***Children learn values from their parents. When they see adults prioritizing health, they are more likely to follow their lead.*** Studies show preschoolers whose parents were physically active get more exercise than those whose parents are not.²
- ***Making a decision to embrace healthy habits can lead to longer and healthier lives for your family.***

WAYS TO PRIORITIZE WELLNESS AS A FAMILY:

1. **Make your home an environment which promotes wellness.** Make healthy food easily available. Find ways to make exercise easy and accessible, like investing in simple exercise equipment so you don't always have to go to the gym to work out.
2. **Incorporate activity and movement into family time.** Instead of a movie after dinner, try a walk through your neighborhood or game of catch outside.
3. **Take time to cook and teach your family about the importance of good nutrition.** Make home-cooked meals a part of your family tradition.
4. **Learn from others about healthy habits.** Enroll in classes or join groups that promote a healthy lifestyle.

¹ CDC (Center for Disease Control), "Leading Causes of Death 2011"

² "Preschool Children and Physical Activity. A Review of Correlates" Hinkley, T., Crawford, D., Salmon, J., Okely, A.D., Hesketh, K. *American Journal of Preventative Medicine* Volume 34, Issue 5, May 2008, Pages 435-441.e7