

WELLNESS AT HOME:

# BOOST

## Your Family's Wellness

feedyourpotential365™



### Better Health at Home

We know children's health can be improved with what we feed them, but what else impacts health besides the food we eat? Did you know lack of sleep could affect your child's attention span and behavior? Or that poor parent-child communications may trigger anxiety or depression? While it may be overwhelming to think about adjusting your family's eating, sleep, exercise, and other health habits, it can be done with small changes. Select one of the wellness areas listed here and pick a strategy to adopt for a month. With consistency, you may be surprised how one small change over time can improve your whole family's well-being.



#### Nutrition

*Well-fed bodies get the right nutrients to think, move, and behave better!*

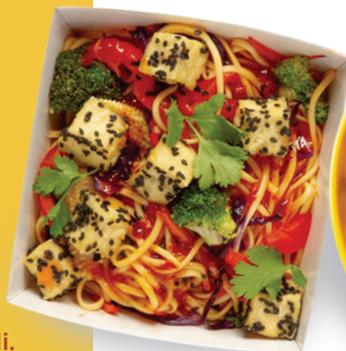
- Aim to eat a fruit and vegetable at each meal.
- Cook with your family at least one night a week.
- Drink more water throughout the day. Keep track.

### 3 TASTY TIPS FOR PLANT-BASED PROTEIN MEALS!

**GO NUTS.** Peanut butter and other nut butters are an easy way to add a dose of protein and healthy fat into your day. Use nuts to make sauces and dips or add to smoothies, oatmeal or yogurts.

**TRY TOFU!** Drain, press and cut into cubes. Toss with your favorite barbecue or Asian sauce and sauté in a pan. Serve with whole grains, toss into salads, or stuff into tortillas.

**BRING ON THE BEANS.** Pack the pantry with low sodium canned beans to mix into whole wheat pasta or rice dishes, mash into dips, or feature in vegetarian soups or chili.



#### Sleep/Rest

*Elementary-aged kids need 9-11 hours of sleep and teens need 8-10 hours.<sup>1</sup>*

- Make bedtime 20 minutes earlier and stick to the new time every night.
- Turn off electronics (phones, computers, television) at least one hour before bedtime to reduce brain stimulation and to fall asleep quicker.
- Keep the bedroom dark (cover windows) and quiet (use earplugs, if needed).



#### Exercise

*Physical activity can boost the family's energy and mood - especially when enjoying something together.*

- Turn on some music for a 20-minute dance party.
- Find a 10-20 minute workout video on YouTube to follow-along (i.e. yoga, cardio, dance).
- Pick a convenient time for the family to go for a brisk walk.



#### Emotional Health

*Feeling safe, supported, and encouraged to talk about his or her feelings is an important part of your child's body wellness.*

- Take five deep breaths when waking up and before going to sleep.
- Schedule "tell me about your day" time with your kids.
- Talk about stress, what might be causing it, and helpful ways to manage it.

# AIMING FOR GOOD HEALTH



**Setting nutrition and exercise goals for your family is easy! Here are some ways to get started:**

- 1) Have everyone in the family decide on one personal goal to achieve throughout the month - be creative and specific
- 2) Make one or two more goals you can strive to reach together as a family for the month
- 3) Write down these goals and have them posted as a visible reminder
- 4) Set a schedule and monitor your progress as a family

## Examples of personal goals:

- Try a new fruit or vegetable each week
- Drink more water during the day
- Exercise (be specific!) three times a week
- Try a new sport or work on a new skill
- Finish homework early
- Improve listening skills

## Examples of family goals:

- Wake up earlier in the morning
- Eat a meal together three times a week
- Have a meatless meal once a week
- Go on a walk, play a game, or ride bikes together as a family once a week
- Sign up for a community walk/race or volunteer together

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discover what healthy food can do for you

**Visit [FYP365.com](https://www.fyp365.com) for healthy living ideas and inspiration.**



## MAKE A DELICIOUS AND NUTRITIOUS FAMILY DINNER TONIGHT

### Garden Vegetable Pasta Skillet

*Makes 8 servings*

#### Ingredients:

- 1 tablespoon olive oil
- 1 ea medium yellow squash, chopped
- 1 ea medium zucchini, chopped
- 1 cup mushrooms, sliced
- 1 can tomato sauce 15 oz
- 1 can diced tomatoes 14.5 oz, drained
- 1 cup water
- 2 teaspoon Basil Leaves seasoning
- 1 1/2 teaspoon Garlic Powder
- 1 teaspoon Oregano Leaves seasoning
- 1/2 teaspoon Ground Black Pepper
- 3 cup uncooked rigatoni
- 1/4 cup grated Parmesan cheese

#### Instructions:

- 1) Heat oil in large skillet on medium heat. Add vegetables; cook and stir 5 minutes or until tender-crisp.
- 2) Stir in tomato sauce, tomatoes, water, and seasonings. Bring to boil. Add pasta; mix well. Reduce heat to low; cover and simmer 20 minutes or until pasta is tender, stirring occasionally.
- 3) Remove from heat. Let stand 5 minutes. Sprinkle with Parmesan cheese.



## HELPFUL APPS FOR OVERALL WELLNESS

**Super Stretch Yoga (Free)** - Different yoga moves are performed by kids. Cartoon characters describe the moves and explain how they help your body.

**GoNoodle (Free)** - Used in many schools for "brain breaks," this app encourages kids to focus, control their energy, and boost their positivity. It's loaded with many fun and creative videos to engage kids through dance, cardio exercise, yoga and more.

