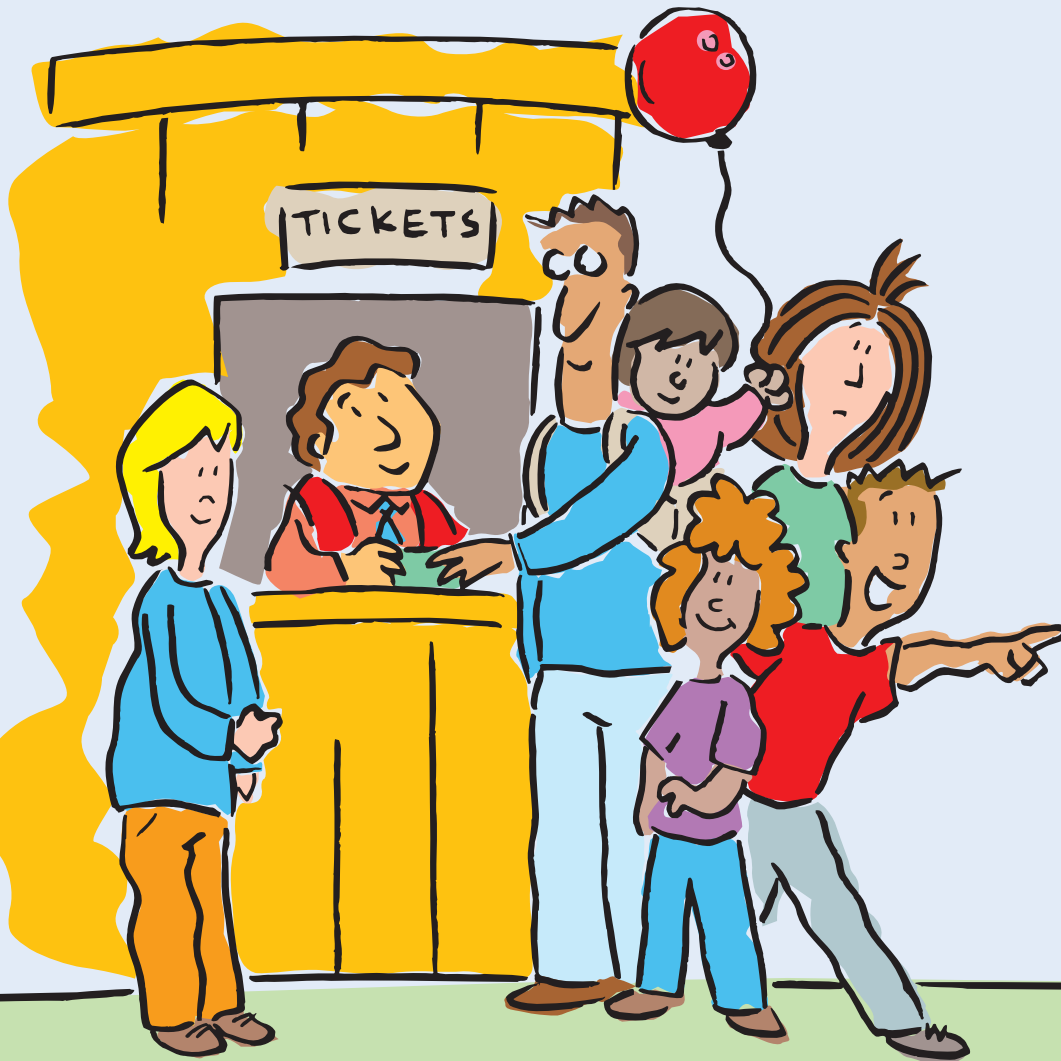


healthy activity planner



property of: _____

Univera Healthcare's
Healthy Family Pledge

Name of Family

**Our family promises
to try and make healthy food choices
and to increase our level of physical activity.**

Signed this _____ day of _____, 20 ____.

Signatures of Family members



How do you feel?

Here is some space for you to write how you feel about making healthy choices.
How do you feel about being more active?
What things are easy for you?
What things are hard?



Date: _____

Date: _____

Date: _____

Date: _____

Date: _____

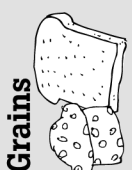





Date: _____

MyPyramid Worksheet

MyPyramid FOR KIDS

Name: _____

Check how you did yesterday and set a goal to aim for tomorrow

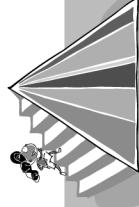
Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: _____ _____ _____	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		____ ounce equivalents
Lunch: _____ _____ _____	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		____ cups
Snack: _____ _____	Fruits 	Make most choices fruit, not juice.	1 1/2 cups		____ cups
Dinner: _____ _____ _____	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		____ cups
Physical activity: _____ _____ _____	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		____ ounce equivalents
	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		____ minutes

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do yesterday? Great So-So Not So Great

My food goal for tomorrow is: _____

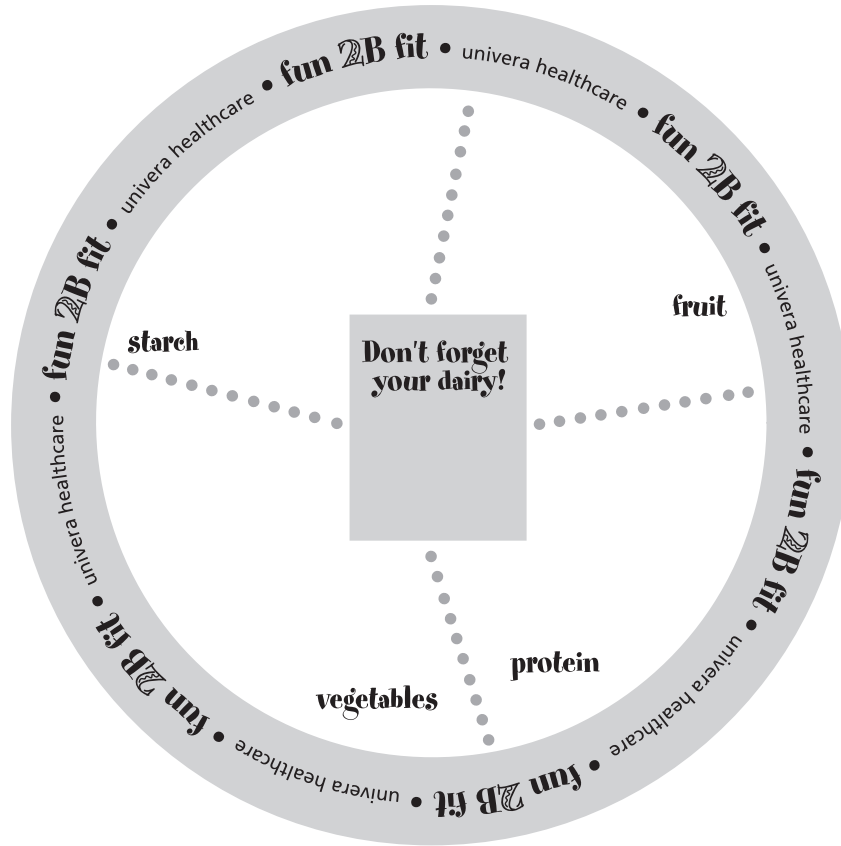
My activity goal for tomorrow is: _____



Healthy Meals

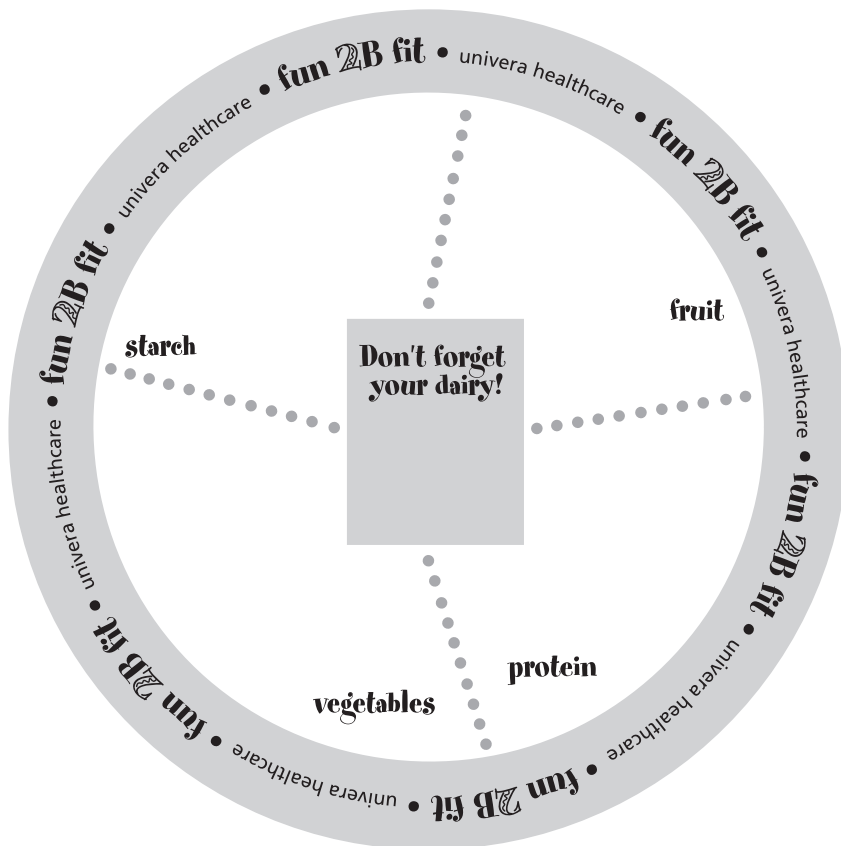
Play our Want 2B A Chef game to create other healthy meals.
Check out our website at fun2bfit.univerahealthcare.com

Dinner



What would be a healthy drink?

Snack



What would be a healthy drink?

What fun games or activities does your family do?

List them below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

What are some new fun games or activities your family could do?

Check them off as you try them.

Healthy Habits Matching Game

Here is a game to play with a grownup at your house. Write your first name at the top of one column and the grownup's name at the top of the other. In the column with your name, guess what the grownup's answer to each question will be and fill it in. Then ask the grownup to answer each question. See how many you guess right!

Your name

Grownup's name

My guess

Grownup's answer

My favorite fun activity

My favorite exercise

Healthy food I like

Unhealthy food I like

Habit I should change

Habit I should keep

How many did
you get right?

How many did the
grownup get right?



Grownup's Page

Help kids stay fit & have fun

According to the CDC (Center for Disease Control), regular physical activity helps children and adolescents:

- Improve strength and endurance
- Build healthy bones and muscles
- Control weight
- Reduce anxiety and stress and increase self-esteem
- May improve blood pressure and cholesterol levels

Physical activity also helps kids have fun, learn new skills, look their best and may even help them make new friends as well.



Fitness Tips



- Take a family walk each night after dinner
- Ride your bike instead of watching TV
- Dance to music
- Swim (join a family swim night)
- Walk your dog
- Always take the stairs instead of the elevator.

Family Fun Web Sites

Hiking Trails in WNY: <http://www.wnyhikes.com/hiking-trails.htm>

Wegmans: <http://www.wegmans.com>

America on the Move Program-Tips for increasing steps: <http://www.americaonthemove.org>

WNY Parks and Recreation: http://www.wnyrin.com/s_comm/park-rec/index.html

YMCA of Greater Buffalo: <http://www.buffaloymca.org>

Univera Healthcare: <http://www.univerahealthcare.com>

Other Healthy Fitness Sites:

www.presidentschallenge.org

www.nationalwellness.org

www.shapeup.org

www.2smart2start.org

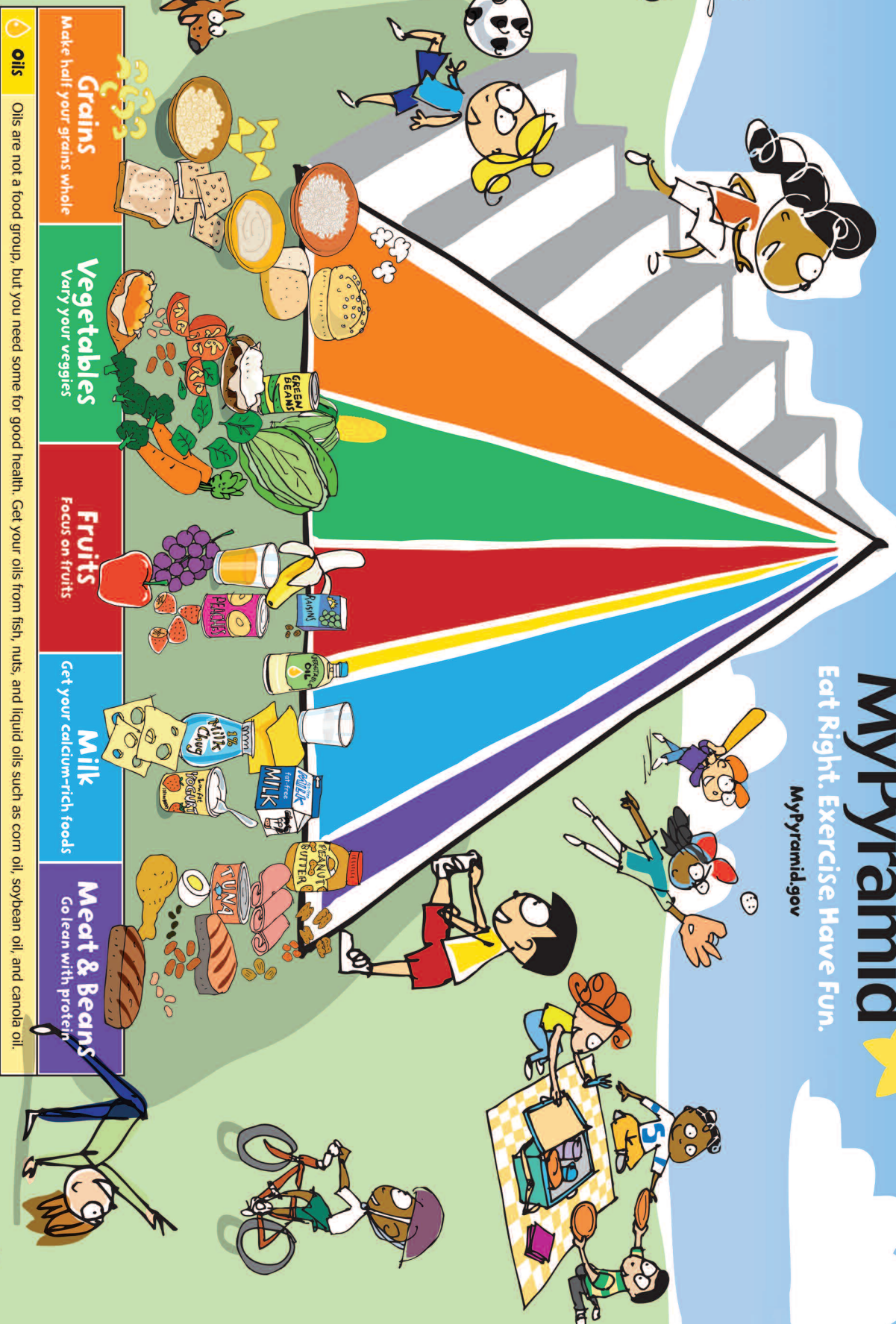


MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



★ Find your balance between food and fun

★ Fats and sugars — know your limits

USDA
U.S. Department of Agriculture
Food and Nutrition Assistance
September 2000
FNS-381

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