



The Benefits of Every Family Member Being Active:

Stay active for yourself: some exercise is better than none. Regular physical activity strengthens muscles and bones, promotes overall health, prevents chronic disease, and improves quality of life. As we increase the amount of time we are active, the frequency, and intensity, the benefits only grow.

Stay active for your kid's benefit: parents have a great impact on their children's [food intake](#) and [physical activity](#) level. A child will be more active if they have active parents. Research reveals that the positive impact of physically active parents can last into adulthood!

It is recommended that adults get at least 30 mins of moderately intense physical activity five days a week (i.e., brisk walk). For children, the recommendation is an hour or more of moderately intense exercise daily. Here are some ideas to increase your family's fitness:

- **Set family goals.** Next time you go out for a family walk [set a destination and a goal](#) to motivate your movement. Switch up the destination for each walk, making it farther or more difficult each time. If you have a dog bring him along -he needs the exercise too!
- **Get outdoors with your children.** Play catch, tag, shoot some hoops, or toss the frisbee around. Spike ball and ping pong count too. If it's too cold outside try exergames like Wii sports or Xbox. Check more [outdoor games](#) at SuperKids.
- **Use a step tracker, fit watch or phone app:** See how active you really are! From there, set new goals to move more for yourself and your family. Convert your miles to a destination- did you walk far enough to get to a new city this month?

Parent Power Tips from the SuperKids Nutrition Founder

Here are some tips for providing your family with meals that are [friendly to our planet](#):

Increase Plant-Based Foods and Moderate Meat Intake: MyPlate recommends we fill half of our plates with non-starchy [vegetable and fruits](#) and quarter of our plates with protein from beans, soy (tempeh, tofu), fish, poultry or lean meat. Boosting fruit and vegetable intake while moderating meat consumption not only benefits our health but is also good for our planet. Increasing the proportion of plant-based foods in our diet helps save more water and lowers carbon emissions. Plant-based meals can also be fun and tasty. Add more flavor to your kids' vegetable by playing with [herbs and spices](#).

Minimize Heavily Processed Foods: processed foods, such as frozen meals and deli meat tend to be high in salt, sugar and unhealthy fat and require intensive energy for production. Remove ultra-processed foods from your kids' plate and replace them with other healthy, [eco-friendly options](#).

Shop seasonally and Eat locally: purchase some of your produce from local farmer's markets or a community supported agriculture program. This is a good way to keep money and employment going in your community. Spend some time with your kids to explore what seasonal and attractive crops are available at your nearby Farmers' Markets. Letting them pick their favorite local fruit and vegetable is a great way to [please a picky eater](#).

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