

EMPLOYEE ASSISTANCE PROGRAM

FAMILY HEALTH AND FITNESS DAY USA

September 25 is Family Health and Fitness Day USA, a campaign promoting the physical and psychological benefits of exercise for the whole family. Exercise is good for the heart and immune system, can help decrease stress and improve sleep, and aid in weight management. In children, exercise can increase self-confidence and reduce anxiety.

Families who work on fitness goals together teach kids about the importance of good health habits, and it is never too late to start. This month, find physical activities you can do every day as a family, whether it is going for a walk, a bike ride, throwing a ball, playing outdoor sports, swimming, or joining a fitness group. Learn new skills and challenge each other to reach higher levels of fitness.

Besides physical activity, consider ways to improve your family's eating habits as well. For example, try the following:

- Learn about portion sizes for kids and adults.
- Bring your kids to the grocery store and teach them how to read the nutrition and ingredient labels and explore their food options.
- Reduce or eliminate junk food in the house and replace unhealthy snacks with fruits and vegetables.
- Replace soda and other high-calorie sugary drinks with plain water flavored with fruit or seltzers.
- Start cooking together and experiment with healthy recipes.

Besides helping your kids establish lifelong healthy habits, getting fit as a family strengthens your bond together and creates fun memories.

