



CATCH Healthy Habits At Home

Below are simple steps that will add up to a big difference in your family's health. Be a CATCH MVP and select one or two new habits that are best suited for you and your family!

- ✓ Review the list together with your family.
- ✓ Check off everything you are already doing.
- ✓ Decide on one or two new things your family will try together.
- ✓ Keep at it!
- ✓ Celebrate your successes and achievements!
- ✓ Pick and conquer something new.

Let's Get Active!

- We use the stairs instead of the elevator or escalator.
- We keep the TV turned off at meal times.
- We limit screen time (TV, video games, computer, etc.) to one hour per week day and 2 hours or less on the weekend.
- We keep the TV out of *all* bedrooms.
- We walk together 30 minutes a day at least three times a week.
- We park the car a bit farther away so we can walk more.
- We play outside together after school and work at least one day a week.
- We plan family time together that includes being physically active (walking, riding bikes, working outside, swimming, etc.)
- We will walk or ride our bikes on short trips instead of taking the car at least once during the week.
- We walk to school together once a week.
- We do household chores together.
- We stretch or do yoga while watching TV.

Let's Eat & Drink Healthy!

- We eat a family meal at home together at least two or three times a week.
- We eat a fruit or vegetable at every meal.
- We eat a whole-grain cereal, bread, or pasta once a day. Whole grain products list whole wheat flour or whole grains 1st or 2nd on the Nutrition Facts food label.
- We limit eating at fast food restaurants to once a week or less.
- We limit eating French fries and other fried foods to only on special occasions.
- We never "supersize" unless we plan to share it with others.
- We read Nutrition Facts food labels and don't buy foods made with saturated and *trans* fats.
- We use low-fat salad dressings and only use a small amount.
- We bake, broil or grill meats, fish and poultry.
- We only drink soda on special occasions.
- We drink water instead of soda, sports drinks, fruit drinks, and sweetened tea.
- We choose whole fruits over juice, and only drink 100% fruit juice once a day.
- We drink skim or 1% milk.
- We eat candy, cookies, pie and cake only on special occasions.

Our family agrees to try the following:

New MVP CATCH Healthy Habit: _____

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Family Members Involved: _____