



# What Can You Do To Address Healthy Eating, Active Living?

## Individuals

- Watch the HBO *Weight of the Nation* documentaries and talk about what you need to do as a family to prevent obesity: [theweightofthenation.hbo.com](http://theweightofthenation.hbo.com)
- Cook and eat more family meals together.
  - Research shows kids who eat meals with their families eat more fruits and vegetables and fewer calories than kids who do not. For simple and quick recipes, check out Keep the Beat Recipes: [hp2010.nhlbihin.net/healthyeating/](http://hp2010.nhlbihin.net/healthyeating/).
- Cut back on sugary drinks
  - Adults who drink one or more sodas or other sugar-loaded drinks each day are 27% more likely to become overweight or obese. Children's risk for obesity is 60% higher for every daily sugary beverage.
- Add more play to your day
  - Walking just 30 minutes a day—even in small increments—can help keep you fit, lower cholesterol and blood pressure, increase energy, and prevent chronic diseases.
- Learn more! Find out what more your family can do to better your health.
  - The National Institute on Health provides many valuable resources and online tools, such as We Can! (<http://wecan.nhlbi.nih.gov>), a website that offer tips and activities for parents and caregivers to help them stay at a healthy weight.
  - Aim for a Healthy Weight, has tips and tools, including a menu planner and BMI calculator [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm).

## Business

- Start a worksite wellness program: [cdc.gov/nationalhealthyworksite/index.html](http://cdc.gov/nationalhealthyworksite/index.html)
- Encourage employees to be active during breaks by taking walks or participating in other physical activity.
  - Sponsor a competition to encourage physical activity or healthy eating.
- Build movement breaks into meetings that last longer than an hour: [livewellcolorado.org/uploads/ckfinder/userfiles/files/VGIC\\_Stretching\\_Case\\_Study1\(2\).pdf](http://livewellcolorado.org/uploads/ckfinder/userfiles/files/VGIC_Stretching_Case_Study1(2).pdf)
- Encourage eating healthy foods at meetings and put a policy in place regarding foods purchased with company funds.

## Schools

- Ask parents to bring healthy snacks to school functions.
- Incorporate physical activity into curriculum or take active brain breaks throughout the day.
- Read CDC's 10 tips for how schools can address healthy eating and active living: [cdc.gov/healthyyouth/physicalactivity/pdf/roleofschools\\_obesity.pdf](http://cdc.gov/healthyyouth/physicalactivity/pdf/roleofschools_obesity.pdf)



\*\* There are local events occurring that need support to keep them operating and to ensure they are reaching the intended population. Consider supporting these programs with your time, talents or financially.