

BRIGHT FUTURES: FAMILY MATTERS

FAMILY VOICES®
...keeping families at the center
of children's health care

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LET'S MOVE!

May is National Physical Fitness and Sports month! There are many ways to achieve physical fitness that are fun and involve the whole family. It's not so important *what* you do--it's more important to find ways to get in shape that are fun and that you and your family will actually do.

Too many of our nation's children and adults weigh more than they should, and spend too much time sitting inside rather than actively playing. First Lady Michelle Obama has made reversing this trend her priority, through the "Let's Move!" campaign: "America's Move to Raise a Healthier Generation of Kids."

This campaign tackles achieving a healthy weight from many practical angles. Let's Move! translates the "Eat healthy" goal into delicious and inviting recipes, and tips for growing your own fruits and vegetables.

Let's Move! translates another goal, "Become more active," into fun--and moving--games for children and families.

WORKING TOGETHER

Another important angle of the First Lady's Let's Move! campaign is the acknowledgment that for a child and family to become more physically fit and enjoy the long-term benefits of a healthy weight, success depends not just on individual families. Schools and whole communities need to work together to create many more options for active living and healthier meals.

Does your community have a safe and accessible park? Or how about a community garden to grow fruits and vegetables for a local farmers' market? Families working together can help get projects like these started.

Does your school provide recess and physical education for all children--including those with special needs? Families advocating for change makes a difference!



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"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and physical activity."

—First Lady
Michelle Obama

The A to Z List of Fruits and Vegetables



Can you name a fruit or vegetable that starts with every letter of the alphabet? Here's a list for starters--and you can read more about these fruits and vegetables and other healthy foods at the Great Grub Club (www.greatgrubclub.com) :

A is for Apricots

B is for Butternut squash

C is for Carrots

D is for Dates

E is for Elderberry

F is for Fig

G is for Grapes

H is for Honeydew melon

I is for Iceberg lettuce

J is for Jerusalem artichoke

K is for Kiwi fruit

L is for Lemon

M is for Mango

N is for Nectarine

O is for Orange

P is for Pineapple

Q is for Quince

R is for Radish

S is for Strawberry

T is for Turnip

U is for Ugli fruit

V is for Victoria plum

W is for Watermelon

X is for... Can you think of a fruit or vegetable that starts with X?

Y is for Yam

Z is for Zucchini

There are many, many more! What about fruits and vegetables native to countries other than the United States, like passion fruit, bread fruit, even things that are hard to pronounce, like “baobab fruit”? How many of the fruits and vegetables on this list have you ever eaten? Some are harder to find than others, and not everybody will like each one. But it can be fun to try new things. And nutrition experts say you get the best nutrition when you “eat the rainbow” – because different colors of fruits and vegetables contain different vitamins and minerals. So, enjoy “playing” with your food to create a beautiful rainbow of fruits and vegetables on your plate for as many of your meals as possible!



The Presidential Active Lifestyle Award



Creating a healthier lifestyle can seem challenging at first. Where should you start? The Presidential Lifestyle Award (PALA) program provides a way to get moving, and get eating more healthy foods, one step at a time. There are different programs for adults and children, with similar goals for each.

Kids and teens (6-17 years):

Physical activity. You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks.

Healthy eating. Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

For adult guidelines, see <https://www.presidentschallenge.org/challenge/active/index.shtml>

PALA is for Everyone!

The PALA program can be adapted for children and adults with special health care needs and disabilities. For more information, see: <https://www.presidentschallenge.org/participate/gp-disabilities.shtml>

Eight Healthy Eating Goals

The PALA program has 8 steps to take towards healthy eating. Try one a week and see how it goes for your family.

1. Make half your plate fruits and vegetables.
2. Make half the grains you eat whole grains.
3. Choose fat-free or low-fat (1%) milk, yogurt, or cheese.
4. Drink water instead of sugary drinks.
5. Choose lean sources of protein.
6. Compare sodium in foods like soup and frozen meals and choose foods with less sodium.
7. Eat some seafood.
8. Pay attention to portion size.

For more information about PALA and how to track your progress, go to: <https://www.presidentschallenge.org/celebrate/active-lifestyle.shtml>

Get Started!

The Let's Move! website (www.letsmove.gov) has 5 simple steps for parents to get started on healthier lifestyles:

1. Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.
2. Take a walk with your family after dinner.
3. Plan a menu for the week. Get children involved in planning and cooking.
4. Turn off the TV during meals and share some family time.
5. Talk to the principal about organizing a school health team.

You'll also find simple steps for kids, schools, community leaders, elected officials, and chefs on the website.



RESOURCES

There are many sources of help and support as you and your family work towards healthier lifestyles. Here are a few to get you started:

Your Health Care Provider

Ask your doctor or your child's doctor for suggestions on eating more healthy and getting exercise that works for you.

Healthy Meal Ideas

- **MyPlate:** The U.S. Department of Agriculture (USDA) created the MyPlate website as a resource for learning healthy eating guidelines for all ages..You'll find information on planning meals, healthy food preparation, and even how to eat healthy on a budget. See www.choosemyplate.gov
- **MyPlate Recipes on Pinterest:** Looking for something healthy to fix for dinner tonight? Check out this Pinterest page for healthy recipes for everybody's taste buds

--main dishes, side dishes, salads, desserts, and even vegetarian meals. Try something new! Go to: <http://pinterest.com/MyPlateRecipes/>



Physical Activity for Everybody

- **Let's Move! Family Activity Ideas:** Check out this list of simple and fun ways to get the whole family moving more: www.letsmove.gov/active-families
- **Let's Move Outside!** Find parks and fun things to do outside with your family here: www.letsmove.gov/lets-move-outside
- **National Center on Health, Physical Activity, and Disability (NCHPAD):** In addition to resources for adults with disabilities, including a 14 week physical fitness plan, you'll also find resources. For starters, check out this article from their Spring 2013 newsletter: <http://tinyurl.com/acc35y4>

FAMILY VOICES MISSION

Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities.

Through our national network, we provide families tools to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care.

www.familyvoices.org

IMPACT[™]

on HEALTH & WELLNESS for FAMILIES

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. Share Bright Futures: Family Matters with your networks. Visit www.brightfuturesforfamilies.org.

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The best six doctors
anywhere,
And no one can deny it,
Are sunshine, water,
rest, and air,
Exercise, and diet.
These six will gladly you
attend,
If only you are willing,
Your mind they'll ease,
Your will they'll mend,
And charge you not a
shilling.

~ Wayne Fields

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