



Healthy family habits

Creating healthy and enjoyable habits within your family can help you to bond, have fun and make healthy habits for life.

- **Explore foods together.** To set an example for healthy eating habits, families can: eat healthy foods, try new foods together, and describe food by talking about flavour, texture, smell and colour, instead of calling them “good” or “bad” foods.
- **Be active together.** Make time for at least 30 minutes of physical activity each day. Being an active family helps set kids up for life. Do something the whole family enjoys - dance, yoga, walk, swim, run or play basketball together. Keeping active at every age is a great habit to adopt.
- **Make time for fun.** This helps to focus on enjoying the moment. From board games to crafts to getting outside and being active together, making time for fun is a great family habit with lifelong benefits.
- **A bedtime routine.** This helps the whole family to have the best sleep they can. This gives everyone more energy for other healthy habits each day. Find a way to prepare for sleep that suits each family member.
- **Make plans together as a family.** Having activities to look forward to helps create excitement. Planning simple and enjoyable family activities like a picnic or day outside at the local park can be fun and helps create memories.
- **Have phone and device-free zones in your home.** This gives your family more time to engage and connect with each other, sit less, engage in technology-free activities and have a more restful night's sleep.
- **It is ok to start small.** As a family, pick one thing you'd like to change, make a plan and work together to achieve it. Once this change becomes a habit, everyone will feel more confident to take on the next change. Small changes add up to a healthier future for your family.

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