



FAMILY NEWSLETTER

Tips to help you & your family remain happy and healthy while staying home.

This Issue's Features:

**For the Body, For the Brain,
In the Kitchen, Just for Fun!**

For the Body

Going back to school looks a little different with distance learning. P.E. class is still necessary as kids learn from home. Try to plan 60 minutes for your kids to get **physical activity** every day.



This calendar has many physical activities to get your family moving every day. Try all 3 months of activities:

- <http://bit.ly/MVP-cal-eng>

Physical activity recommendations:

- **Physical activity** simply means movement of the body that uses energy.
- Walking, gardening, climbing the stairs, playing soccer, or dancing are all good examples of being active.
- For greater health benefits, physical activity should be **moderate or vigorous intensity**.
- This just means any activity that makes your heart beat faster, your body feel warmer, makes you sweat or breathe harder.

For the Brain

Continuing to work and learn from home can be stressful for parents and children. It is important to find ways to relieve stress that work for you and some that you can practice as a family.

Learn some simple yoga poses to do with your kids:

<http://bit.ly/Yoga-Eng>



Take action to control stress:

- Set aside some time, even just five minutes, every day to practice relaxation methods.
- This can be as simple as sitting down and taking 5 deep, slow breaths.
- Take time to explore different methods and see what you like:
 - Go for a short walk, do some light stretching or yoga, spend a few minutes journaling or reading.
 - Encourage your kids to try something too, either by themselves or as a family.
- Challenge your family to practice relaxation methods every day!

In the Kitchen

Did you know that snacks can be part of a healthy diet? Snacks are a normal part of people's eating habits and most kids need them to stay energized throughout the day. Preparing healthy snacks doesn't have to be difficult.

Follow this link for healthy snack ideas to make with your family:

<http://bit.ly/Snack-En>



Just for Fun!

Spending time away from phone and computer screens is important for kids and parents. Spend some quality time together and have fun as a family.

Set aside some time to do activities you or your family enjoys.

- Take advantage of the cooler weather and go for a walk.
- Plan a family game night and play board games, complete a puzzle, or draw pictures together.
- Build a fort out of blankets and pillows and make up a story together.



Follow this link and go on a neighborhood scavenger hunt:

<https://bit.ly/3eb7RoB>

Here are some healthy snack tips:

- Many popular snack foods like chips, cookies, fries, and desserts are high in sugar and added fat and should be saved for special treats.
- Choose fresh fruits and vegetables instead and serve them with dips like hummus, salsa, or low-fat yogurt.
- **Keep an eye on the size:** Snacks shouldn't replace a meal. Look for ways to help your kids understand how much is enough. Read the nutrition label together to learn the serving size of your snack.
- **Prepare ahead of time:** Cut up veggies, make homemade trail mix or other snacks at the start of the week to easily grab when kids get hungry.



It's not too late to fill out the 2020 Census online!

Go HERE to complete it:

<https://my2020census.gov/>

**Remember— all responses are confidential and private.*

Need help quitting tobacco?

The California Smokers' Helpline offers free help, just call:

Smokers: 1-800-NO-BUTTS (1-800-662-8887)

Vape Users: 1-844-8-NO-VAPE (1-844-866-8273)

Chinese: 1-800-838-8917

Spanish: 1-800-45-NO-FUME (1-800-456-6386)



For more information and resources, please visit www.healthedcouncil.org