

You Got Caught Being Healthy Way to be a CATCH MVP!



Keep making healthy choices as a family.

Below are simple steps that will add up to a big difference in your family's health.

Review the list together.

Check off everything you are already doing.

Choose one or two new habits your family can try.

Post it on the refrigerator to keep track of your progress.

Our Family practices being a CATCH MVP by:

Moving & staying active

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| <ul style="list-style-type: none">□ Playing outside together.□ Stretching or doing yoga while we watch TV.□ Walking together at least 10 minutes a day. | <ul style="list-style-type: none">□ Trying a new sport or activity.□ Limiting video, TV, video games, and computer time to 2 hours a day.□ Helping with chores and housework to get a few minutes of physical activity. |
| <ul style="list-style-type: none">□ Keeping the TV turned off at meal times. | |

Valuing healthy eating

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| <ul style="list-style-type: none">□ Starting our day with a healthy breakfast.□ Eating a fruit or vegetable with every meal.□ Balancing our food choices - eating mostly GO foods, some SLOW foods, and just a few WHOA foods. | <ul style="list-style-type: none">□ Being aware of "portion distortion" and eating appropriate serving sizes.□ Baking, broiling, or grilling fish and chicken and other lean meats.□ Eating more whole grains and drinking unsweetened dairy (e.g., low-fat milk and yogurt). |
| <ul style="list-style-type: none">□ Snacking smart - we buy and keep healthy snacks in the home. | |

Practicing healthy habits

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| <ul style="list-style-type: none">□ Washing our hands often.□ Covering our coughs and sneezes.□ Drinking water instead of sugary drinks. | <ul style="list-style-type: none">□ Getting enough sleep.□ Spending time in nature.□ Writing in a journal or making a gratitude list. |
| <ul style="list-style-type: none">□ Doing breathing exercises or meditating. | |