

# Welcome to familyPOWER



It's all about making healthy choices together  
- to build a happier, healthier, stronger home.

## START with a goal

More often than not, we're caught up in the pace and don't take time to focus on what's most important. We need to make time for things that fill us up, make us feel good and recharge our energy. Things like family time, real food, active play, and a good night's sleep.

It's important to take a moment and think about the goals you would like to set for you and your family. Having a goal can motivate and inspire you.

## STEP into action with 5-2-1-0

familyPower equips you and your family with a well-stocked toolbox to get you started on your health goals. By guiding your family to a place where making better choices becomes routine, you'll accomplish your goals in no time.

## What's 5-2-1-0?

The 5-2-1-0 tool is four healthy choices your family can make every day to power your vision!



**EAT! 5** or more fruits and veggies a day



**UNPLUG! 2** hours or less of screen time a day (TV, computers, smart phones, and video games)



**MOVE! 1** hour or more of active play a day (like walking, biking, dancing)



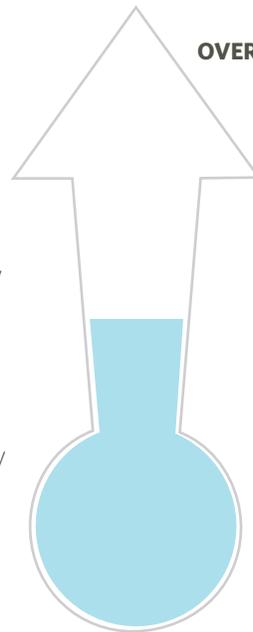
**0 sugary drinks** a day (like soda, sports drinks, fruit punch, sugary coffee drinks)

**familyPower is here for you every step  
of the way, helping your family move  
into action. So if you're ready, let's get started.**

# familyPOWER TOOLBOX:

- 1 Map your plan.** Make a family list of ways to fit in 5-2-1-0.
- 2 Track your progress.** It'll move you closer to your family goals. Celebrate family successes.
- 3 Lead by example.** Kids want to be like you. Let them see you making good choices.
- 4 Watch what you say.** Little ears hear everything. Help build your kids' self-esteem by modeling positive talk, like "I feel so much healthier when we walk after dinner."
- 5 Raise confident kids.** Catch them doing good things. Kids crave support, not blame or shame.
- 6 Teach "I CAN" statements.** Remove "I can't" from family talk.
- 7 Get your zzzs.** Enough sleep plays an important role in your family's health.
- 8 Reward with attention, not food.** Ice cream doesn't make you feel better. A hug does.
- 9 Get back to the basics - and the table.** Cook together, shop together and eat together. Make mealtime family time.
- 10 Shh. Listen to your body.** Forget the "clean your plate" rule, your body will tell you when it's full.

## HUNGER GAUGE



- OVERBOARD** Your stomach feels stuffed and pretty uncomfortable. Try to avoid this the next time you eat.
- STOP** Your stomach is feeling satisfied — not full or stuffed — just right! Stop eating and give yourself 15 minutes to decide whether or not you want more.
- ENJOY** Your stomach is feeling good. Taste every bite — and enjoy!
- START** Your stomach feels hungry — but not raging hungry. Don't wait — start eating now.
- GROWL** You're running on empty! Don't let this happen to you. It will probably lead to overeating.

Small changes work. Eat a little less, move a little more:

- During meals, turn off the TV, computer and phones.
- Downsize your dishes. Eat from smaller plates (9 inch).
- Model better-for-you portions – your kids will follow.
- Eat from a plate or bowl, not from the package.
- No speed eating allowed. Slow down. Taste your food.
- Leave the serving dishes off the table, except for fruits and veggies.
- Schedule family playtime that's active and fun. If it's going to happen, you have to plan it.
- Stand more. Move more. Sit less.