



# A Year of Family Health

*Staying healthy is easier when the whole family is involved. Try these monthly family goals to keep you focused on physical and mental health throughout the year!*

## JANUARY

Set a family health goal for the year. Create a way to track your goal all year long! Health is easier when the goal is clear and the whole family is committed.

## FEBRUARY

Make your meals "heart healthy" this month. Level up your family's favorite comfort foods by adding vegetables, using low fat dairy, and using whole grains.

## MARCH

"March" your way to better health. Set a daily step goal for the family. Have a competition to see who takes the most steps this month!

## APRIL

The days are getting longer, but sleep is still just as important! Challenge each other to get at least 7 hours of sleep each night.

## MAY

May is Physical Fitness month! Aim for two days per week of strengthening exercises. Make it fun by joining an exercise class together or having a family plank challenge.

## JUNE

Tons of fruits and vegetables are now in season! Visit a local farmers market or grocery store and have each member choose an item for the whole family to try.

## JULY

Focusing on hydration is especially important when it's hot outside! Buy fun reusable water bottles and take them with you wherever you go. Aim for 2-3 bottles of water per day!

## AUGUST

Get ready for your local Buddy Walk<sup>®</sup>! Walk, jog, or hike as a family at least once each week. Find a walk near you at [buddywalk.org](http://buddywalk.org)

## SEPTEMBER

Time to learn something new! Have each family member commit to learning how to make a healthy meal for the family.

## OCTOBER

This Halloween month, don't be scared to go to the doctor. Make sure everyone is up to date on their annual health check ups.

## NOVEMBER

Be Thankful all month long! Share one thing you are grateful for at dinner every night.

## DECEMBER

Celebrate this month the active way! Create a playlist with five of your favorite holiday songs. Dance together as a family until the music stops.