



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®! Walk, jog, or hike as a family at least once each week. Find a walk near you at 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.