

FitFUTURE

Strategies for
Better Living.



A Week-At-A-Glance: Seven Days of Healthy Family Fun

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Monday

Start the work/school week off right with a family breakfast. Serve healthy foods, like fruit, yogurt, eggs, peanut butter and whole grain bread or cereal. Never skip breakfast, and try to enjoy this meal together as often as possible.

Tuesday

Get your children involved in active chores, like yard work, walking the dog, washing the car or cleaning the house. Make it fun by working on projects together, playing music or offering rewards (like stickers on a chore chart, or increased privileges, like staying up later on weekends, or choosing family activities).

Wednesday

Declare a “no screen” night. Turn off the televisions and computers and host a family game night. Serve healthy snacks like fruit and yogurt or trail mix made with dried fruit, nuts and whole grain cereal.

Thursday

Enjoy fitness activities as a family. Go to your local community or fitness center for a swim or a game of basketball, or simply take a walk or a bike ride together after dinner.

Friday

Pizza and a movie? Instead of going out to eat or calling for a pizza, let your children help you prepare this quick and healthy alternative.

Saturday

Visit a local farmer’s market and ask your children to help you choose fruits and vegetables for their meals and snacks.

Sunday

Review the upcoming school lunch menu and talk to your kids about healthy choices. Help your children make a plan their school meal choices before they even get to the lunch line.

Toasted English Muffin Pizza

Ingredients:

- Whole Grain English Muffin
- Pizza Sauce
- Part-skim Mozzarella Cheese, Shredded
- Grilled Chicken or Shrimp, Chopped
- Vegetable Toppings (e.g. onions, black olives, artichokes, broccoli)



Preparation

Slice english muffin in half, spread pizza sauce, add cheese and other pizza topping. Bake at 350 degrees for 10-12 minutes or until cheese is melted.