

Picnics and Parks



Family Mealtimes and physical activity are both extremely important when it comes to your family's health. Here are some tips on bringing the two together!

1. Have a picnic at the park

How? Before or after the meal, you can throw around a Frisbee, play on the play set, and much more!

Why? Sitting outside will motivate your family more to be active and get a dose of fresh air.

2. Start moving for ten minutes before the meal:

How? This can be a walk around the block, a dance party in the living room, wrestling/tickle fight with the kids, and so forth.

Why? Getting the blood pumping before dinner can lower tension, and possibly even make your kids hungry enough to eat a full meal!

3. Go for a family walk after:

How? After all the food is put away, go on a 15-20 minute walk as a family

Why? This can increase bonding time, and help your stomachs digest before moving on with the rest of the day or before going to bed.

4. Cooking and moving:

How? Turn on some tunes while you are cooking and start busting out those dance moves while you are cooking.

Why? Kids get a kick out of a parent being silly and will want to join in all the fun.

5. Talk about it:

How? The table is a perfect place to get a conversation going and teach your kids about the importance of physical exercise. You can either talk about the activities they did that day, what they plan to do this week, what their favorite things to do are, and plan out a couple family activities for each week.

Why? Allowing physical activity to be a normal part of each day will have a positive impact on the kids. They will just expect to have some type of activity going on, which will establish healthy habits.

CREATE
FAMILY MEALTIME

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