

# » Program Activity Ideas Inspired by Healthy Family Home™

America On the Move Week with the YMCA and Healthy Family Home are great complements to one another. Both Healthy Family Home and America On the Move® promote making small changes each day to maintain good health. Below are activity ideas—with a focus on helping support YMCA Healthy Family Home—that you can use at your America On the Move Week with the YMCA events.

## 1. THE SCOOP ON SNACK FOODS

### Objective:

Identify the amount of unhealthy fat in your favorite processed snack foods.

### What you need:

- Crisco or baking shortening
- Measuring spoons
- Chip bags, vary by size
- Plastic baggies
- Clean up supplies (paper towels, wipes, water)
- Hint: 1 gram of fat = approximately ¼ teaspoon

### Instructions:

- » Give each family a bag of chips and ask them to guess how many teaspoons of fat are in the product they have without looking.
- » Then have them look at the food label and locate the information about the number of grams of fat on the nutrition label. They will have to convert grams into teaspoons.
- » Next, each family or group should use their teaspoon to measure the number of grams of fat listed on their nutrition label into their plastic baggie.
- » Remind them to check the food label for the number of servings their bag contains, a small bag of chips may actually be two servings.

### Option 1:

The week of America On the Move Week with the YMCA, ask children in your child care and afterschool programs to bring snack food labels from home, allowing a variety of snack food labels to be available for “the scoop on snack foods” activity. Then follow the directions above.

### Option 2:

- » Put product packages/labels in the middle of the table and ask the children to put them in order from the product with the least amount of fat to the product with the most amount of fat—without looking at the labels.
- » Next, have the group guess how many grams of fat are in each product and how much of the plastic baggie will be filled to equal the total fat content.
- » Then have them put the correct amount of fat into plastic baggies, and put the products in the correct order from least amount of fat to most amount of fat.

## 2. BUILDING A STRONGER FAMILY IN 60 MINUTES A DAY

### Objective:

Remind families to strive for a daily physical activity goal of an average of 60 minutes.

### What you need:

- Clock or stop-watch
- Sturdy wall

### Instructions:

Each family member should participate in the exercise they are most comfortable performing, either doing squats or the wall-sit. Families need to work together to choose their game plan and to decide how long or how many everyone will do to complete the challenge.

- » Demonstrate proper technique for both a squat and wall-sit, and describe the benefits of exercising a large muscle group.
- » Each family must decide among themselves which exercise to do: either 60 squats or 60 seconds of wall-sit. Each family member completes a number of repetitions—determined by the family—to total 60. For example, one could do 20 squats, another 20 seconds of wall-sit and the third 20 squats for a family total of 60.
- » Have a fun clock, stop watch, kitchen timer or digital watch with timer function available to count down time for family members performing wall-sits.
- » Remind family members that 60 total minutes of play per day may sound overwhelming, but with some healthy tips, increasing daily play time and understanding that bouts of 10 minutes of exercise here and there count (and add up at the end of the day) making this an achievable goal. (See more activity ideas on page 30.)

### Options:

- » Divide the time and/or number to equal a total of 60, with squats and wall-sits combined.
- » Have all family members participate in the same activity.
- » If a sturdy wall is not available, participants can squat over a chair (hover) for the set amount of time.

## 3. HEALTHY OPTIONS TASTE TESTING

### Objective:

To help children and their parents see that just because a food is healthier (has more fiber and less sweetener), doesn't mean that it isn't as tasty as less nutritious options.

### What you need:

Various foods of the same kind, in sweetened (with sugar, sugar substitute, high fructose corn syrup, etc.) and un- or naturally sweetened versions (examples include apple sauce).

### Instructions:

- » Ask a local grocery store or food co-op if they would donate items for your healthy options taste test.
- » Blindfold or have participants close their eyes, or “mask” the labels of the products to be tasted so that the healthier and regular versions are not easily identifiable by sight.
- » Have each participant taste both versions of a food and vote for the one they like better.
- » Share with participants which versions they selected and ask them to describe the taste differences between the healthier and regular versions.
- » Talk about the benefits of selecting the healthier versions of foods.

## 4. FAMILY OBSTACLE COURSE

### Objective:

To help families make the connection between the amount of energy they expend and the amount of specific foods that represents the recommended daily nutritional intake.

### What you need:

Various vegetables, fruits, milk, beans, whole grains  
Measuring cups

### Instructions:

- » The entire family should work through all five stations, participating in the physical exercise and connecting the recommended nutritional intake with each activity.
- » Demonstrate each activity.
- » Remind family members to use proper form with each activity and assist them where necessary with instruction about how to safely participate in all exercises.
- » At each station, practice the total number of each “nutritional” recommendation (for the purposes of this activity use the bold number for each exercise). For example, children should eat 1.5-2.5 cups of vegetables each day so, participant would do 2 Jumping Jacks to represent that.

Activity	Guideline	Food Group	# of Actions
<b>JUMPING Jacks</b>			
Children	1 ½ cups – 2 ½ cups	vegetables	2
Adult	2 – 3 cups	vegetables	3
<b>Push-Ups</b>			
Children	1 ½ cups	fruit	2
Adult	2 cups	fruit	2
<b>FROG Jumps</b>			
Children	2-3 cups	milk (dairy)	3
Adult	3 cups	milk (dairy)	3
<b>Abdominal Crunches</b>			
Children	3-5 ounces	meat/beans	4
Adult	5-6 ounces	meat/beans	6
<b>Deep Breaths</b>			
Children	2-3	grains*	3
Adult	3	grains*	3

## 5. SERVING “SCRAMBLED” EGGS

### Objective:

Teach kids and parents how much of each item is one serving size.

### Instructions:

All family members work through word scramble to identify what counts as a serving size.

- » The goal is to correctly unscramble as many as possible in 1 minute.
- » Have adults use word scramble without pictures, have children use pictures.
- » All amounts below are one serving size.

### Adult version:

#### Food Group

1 slice of RAEBD \_\_\_\_\_

1 cup of raw leafy GELBAVEETS \_\_\_\_\_

1 medium PALEP \_\_\_\_\_ NAANBA \_\_\_\_\_ GANORE \_\_\_\_\_

1 cup of ILMK \_\_\_\_\_ GUYORT \_\_\_\_\_

2 ½ ounces of cooked lean ETAM \_\_\_\_\_ YRULPOT \_\_\_\_\_

½ cup cooked RLACEE \_\_\_\_\_ CERI \_\_\_\_\_ STAPA \_\_\_\_\_

¾ cup of vegetable CIJUE \_\_\_\_\_

### Kid version:

#### Food Group

1 cup of RLACEE \_\_\_\_\_

½ cup chopped or cooked BALEGEVETS \_\_\_\_\_

½ cup cooked, chopped, or canned, or ¼ cup of dried RUFIT \_\_\_\_\_

1 ½ ounces of natural SECHEE \_\_\_\_\_

1 cup of cooked NESAB \_\_\_\_\_ or

2 GSEG \_\_\_\_\_

ANSWERS  
Adult version: Bread, Vegetables, Apple, Banana, Orange, Milk Yogurt, Meat Poultry, Cereal, Rice, Pasta, Juice  
Kid version: Cereal, Vegetables, Fruit, Cheese, Beans, Eggs

## 6. WORKING AS A FAMILY

### Objective:

To encourage the family members to work together to accomplish a task.

### Instructions:

- » Draw a 1 foot by 1 foot square on the ground or use tape on the floor or draw in the dirt.
- » Together, as a family, everyone try to place a foot in the square and hold the position for one minute.
- » Start the 1-minute countdown once all family members are part of the square. TWO family members have to place both feet in the square and maintain their position; 3 or more family members each need to place one foot each in the square and maintain their position.

### Hints:

- » If a family is not sure how they will fit in the square, they can step on each other's feet gently if necessary, they can hug each other to maintain their position in the square and they can balance on one foot.

## 7. NUTRITION EXPERIMENT: HOW MUCH SUGAR IS IN A REGULAR CAN OF SODA?

### Objective:

To understand the nutritional impact of soda consumption.

### What you need:

- 2 clear plastic containers (either 12 or 20 ounces)
- Teaspoon measuring spoons
- 5 lb. bag of white sugar
- Sweetened beverage samples (see list below)

### Instructions:

- » Show the group the various cans of soda, bottles of sports drink or cups of hot chocolate/mocha.
- » Give each participant a plastic container, access to the white sugar and a teaspoon.
- » Ask them to put the number of teaspoons of white sugar into the plastic container that they believe represents the sweetener the sweetened beverage drink contains.
- » When everyone has made their guess, the activity leader should do the activity using the correct amount of sugar while having everyone count out loud:
  - 12 ounces of soda = 10 teaspoons
  - 20 ounces of soda = 17 teaspoons
  - 19 ounces of sports drink = 13 teaspoons
  - 16 ounce non-fat grande mocha = 8 teaspoons
  - 16 ounces hot chocolate = 10 teaspoons
  - 60 ounce fountain drink - = 52 teaspoons

### Option 1:

- » Can use plastic zip lock bags in place of plastic containers, allow families to take their sugar home as a reminder.
- » Also use 16 ounces of medium (Grande) Mocha with non-fat milk or 16 ounces of hot chocolate without whipped cream and made with non-fat milk as examples.

### **Option 2:**

Use sugar cubes to stack up to demonstrate the amount of sweetener in the beverages being displayed.

- » 1 sugar cube = 1 teaspoon
- » Example: 10 teaspoons of sweetener in a regular can of soda = 10 sugar cubes

## **8. WAYS TO INCREASE PHYSICAL ACTIVITY IN OUR HOME**

### **Objective:**

Working together and being creative on possible activities that can be done in the home and as a family to increase physical activity. Have families aim for 10 actions in less than two minutes. Following the challenge provide the family with sample suggestion tip sheet.

### **What you need:**

Paper and pens for each family or poster board or a chalkboard

### **Option 1:**

List 10 actions the whole family could do today to increase their physical activity at home.

### **Option 2:**

- » Provide a large poster board or have a chalkboard available and have families write down an activity they could do at home to increase their physical activity.
- » Have additional family members try to come up with new ideas or be creative so that is nothing is repeated.
- » At and beyond the event all of the families' ideas can be made into a comprehensive "Tip Sheet" with a list of activities to do at home. Provide the "Tip Sheet" to families, post in your Y for members, share with partnering organizations and distribute through media partners as an advocacy tool.

### **Option 3:**

- » Have families write down an activity on their poster board or on the chalkboard.
- » Ask families to demonstrate the activity for everyone.
- » Prizes can be given to families that demonstrate family activities.
- » Keep a running list of all suggested activities.