

## Tips for Healthy Living

The following tips encourage healthy living. Eat breakfast every day. Establish routine eating times and eat together as a family as often as possible. Eat a majority of meals at home, and serve a variety of fruits and vegetables. Prepare healthy snacks. Cut down on TV, computer and video game time. Avoid eating meals in front of the TV. Encourage children to try a variety of physical activities.

Children should aim for 60 minutes of physical activity daily. Remember that it does not have to all be at one time. Short 10 minute bursts of activity are fine. Physical activity can be as simple as getting outside and playing tag, riding bike, jumping rope or going on a family walk.

Try not to use food as a reward. Be a positive role model for your children by eating healthy foods and exercising with the children.

The following are **Healthy weight Community Resources**:

**EPHRATA RECREATION CENTER 717-738-1167 [www.ephratarec.com](http://www.ephratarec.com)**

Offers numerous activities for children including exercise class, weight lifting, group sports such as basketball, swimming and soccer and even horseback riding. Call or see their website for prices and times.

**LIGHTEN UP EPHRATA** Sponsored by the REC center 6 week programs to get the whole family outside and active. Dates vary.

**EPHRATA HOSPITAL WELLNESS CENTER** offers a **FIT FUTURES PROGRAM** for children. 717-336-6578  
Four sessions of individual counseling to promote good nutrition and physical activity for child and family.

Cost is \$140.00 and some insurance companies do pay for the program. Call for details.

**LANCASTER GENERAL SHAPE DOWN** Learn health eating habits and how to increase physical activity. Children and parents attend 10 weekly sessions to reinforce healthy lifestyles for the whole family. Group classes ages 5-6 and 7-12. Individual classes held for teens.

Cost is \$350 for 10 sessions, some insurance companies do pay for the program and there are scholarships available. Phone 717-544-3145 for more information and next class.

**Website that provide healthy living tips and interactive activities for children.**

[www.health.state.pa.us](http://www.health.state.pa.us)

[www.kidshealth.org](http://www.kidshealth.org)

[www.mypyramid.gov](http://www.mypyramid.gov)