



## ***Creating a Healthier Home & Work Environment***

Making lasting nutrition and physical activity changes can be difficult without the support of the people around you. Most of us spend the majority of our time between our workplace, home, and social settings. The support from colleagues, friends, and family becomes a very important part in the journey to live healthier lives. So, how can we create healthier home and work environments? Here are a few tips!

### **In your home:**

***Involve your family in the meal preparation process!*** You can do this by asking your kids to pick out a new vegetable or fruit at the grocery store and/or allowing them to help you with cooking if they're old enough. Remember, even young children can help with small tasks. You can also look up new recipes to try as a family.

***Make more meals at home.*** Making meals at home more often can help you avoid eating out, which can add up in calories (and money!). It also allows for more family time as you share a meal that you have made.

***Create more active celebrations and social gatherings.*** Plan social gatherings or birthday parties around an activity, such as hiking, dancing, or simply add games that will get people moving.

***Be active together!*** Moving together as a family is great step in creating a healthier family life. Plan a trip to the park, or if it's raining, pick out a fun exercise video to do at home.

***Prepare your own healthy snacks.*** Pre-packaging or portioning out healthy snacks such as fruits, veggies, pretzels with hummus, almonds, trail mix, etc. for the family is a good alternative to the "snack pantry". Keep a mix of crunchy, savory, and sweet to satisfy those snack cravings.

### **At your workplace:**

***Create healthier workplace celebrations and meetings!*** Encourage your coworkers to bring healthier items to your celebrations such as fruit/veggie trays with different dips, salads, fruit and cheese kabobs, trail mix, hummus with pita bread, and salsa with low-fat chips.

***Pack your own food.*** If you're tempted by vending machine snacks & drinks or fast food, preparing your own meals and snacks is the way to go. Keep some healthy protein/granola bars, air popped popcorn, or trail mix at work to keep you ready for when hunger strikes.

***Take walk breaks or try a walking meeting.*** Going for a short walk during your lunch has many benefits. In addition to exercise, it can serve as a good mental break. If you have a small meeting scheduled, try a walking meeting!

***Set a good example!*** Being a good role model for healthier choices can help draw other people to do the same. Keep up the great work!

## Helpful Resources:

- 1.) ***Daily Tips to Help Your Family Eat Better***. American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/daily-tips-to-help-your-family-eat-better>
- 2.) ***MyPlate, MyWins for Families***. USDA Choose MyPlate. <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families>