

It's not **just** school lunch. It's bigger than that.

IT'S BEING
ACTIVE
AS A FAMILY.

FAMILY FUN

School nutrition is only one piece of the puzzle. Physical activity is important for everyone.

Parents have a huge influence on the adults their children become. Studies show that kids who are surrounded by people who are active are more likely to be active themselves. Even if your family doesn't have time for organized activities each day, you can still model an active lifestyle.

Here are some ideas:

- Make it a family goal to try one new activity together a month. Frisbee anyone? Or how about a backyard obstacle course?
- Reward kids with an activity of their choice!
- Turn family time into active time. Try going hiking, swimming, or sledding as a family.
- Make up a dance to each family member's favorite song.
- Make activity part of family celebrations. At your next family birthday party, let the birthday boy or girl choose an activity for the entire family to do.
- YouTube is a great resource for workout videos. Try doing a yoga or dance video with your kids, and don't be afraid to get silly!

FOR MORE FACTS ABOUT SCHOOL LUNCH
www.schoolmeals.educateiowa.gov

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