



2-Get Smarter

Year of Being Well



Where to find information

Many resources exist to help families learn about healthy foods and the importance of physical activity. But finding the information requires you to take the initiative to start looking for the answers to the questions you have.

Start by writing down your questions. For instance, what are the first habits I should try to instill in my children to improve their health? How do I get started with an exercise program? Where can I get affordable fruits and vegetables in my community? How do I keep my family motivated to maintain healthy habits for a lifetime?

There are resources in every community in America — many of them are free — that can help you in your quest for a healthy lifestyle.

Ask your doctor or local health clinic for information on healthy habits and collect the free materials they have available. Go to your local library and access the Internet to find farmers markets in your community. Participate in a local community garden or walking club.

Half of the children in our country don't have a park or community center in their neighborhood. Even so, there are books in your local library and online resources that can give you ideas on how to get exercise indoors. Resources are available everywhere. If you live in a climate that limits the amount of time your kids can spend playing outside, visit your local YMCA. Learn about activities you can do with your children in your own home. Talk to other parents who face the same challenges you do. Get ideas from healthy friends and neighbors. Learn from other parents, friends, and your own children. You'll be surprised what you can teach each other. — *Susan Dell*

Quick Tips:

- Ask your doctor for free pamphlets and information on healthy habits
- go online to find food trackers to track foods, water intake, and physical activity
- Talk to friends or family members who have healthy habits in their home and learn from their experiences.

Did you know:

The proportion of obese children 5 to 17 years old was five times higher in 2008 to 2009 than in 1973 to 1974. *American Heart Association*

More than one-third of U.S. adults (35.7 percent) are obese. *Centers for Disease Control and Prevention*

Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.

Find more information at www.BeWellBook.org

