

A Game Plan to Get Healthy: Keep It Fun!

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Is your family healthy? Answer the questions below to find out.

Does each family member-

- Eat **5** or More Servings of Fruits and Vegetables per Day?
- Get **1** or More Hours of Physical Activity per Day?
- Watch **2** or Fewer Hours of Screen Time per Day? (T.V., and Computer)
- Drink **Almost No** Sugary Beverages – 2 or Fewer per Week?

I hope you answered yes to all of the above questions. If you didn't, it's okay, start making better choices today! The foundation for the overall health of your family starts with the **5-1-2-Almost none principle**. Here is how to get started. Step 1: Get out of the house, away from the refrigerator, T.V., and computer. Step 2: Head for the gym, or grab snowshoes, skis or take a walk in the park. Remember the first step is the hardest, but once you are in motion, the fun begins. After activities, munch on your favorite fruits or veggies for a snack.

Do you know how many calories you can burn in an hour while having fun with these activities? The best part is that you can do it as a family!

- Basketball = 540
- Swimming = 600
- Dancing = 500
- Playing Pool = 140
- Volleyball = 150
- Badminton = 130
- Ice Skating = 300
- Running = 530
- Cross Country Skiing = 540

Step one, cut out this article and put it on your refrigerator to start setting goals for your healthy family today! Focus on one principle per week and motivate your family to make better choices week by week to get healthy together!