FAMILY WELLNESS

Strong families exhibit wellness. Wellness doesn't mean that family members are never sick. It means that they care about physical, emotional, social, and spiritual health and work toward achieving it in their family.
How to How-to
When families plan for the unexpected, they can deal more efficiently with emergencies. In this activity, family members learn and practice skills they might need to cope with situations they weren't expecting. Suitable for ages 4 through 14, depending on the skill being taught.

What Is Contentment?
Before you can act on your values, you have to have a clear sense of what your values are. Sometimes people have to act to change unpleasant situations. At other times, a change in attitude can turn the situation around. Suitable for age 12 and older.

Happy Heartbeats
One of the best things you can do for your heart is to exercise regularly. During this activity, family members will find out what their training heart rate (THR) should be. Suitable for age 10 and older.

Family Chores for Family Fitness
Sometimes families have to build fitness into a busy schedule. In this activity, family members turn housework into a team sport and get a good physical workout at the same time. Suitable for age 12 and older.

Balancing Act Contest
Good health begins with good nutrition. This contest encourages family members to see how close they come to eating the recommended foods from the food-guide pyramid. Suitable for age 8 and older.

Food Pyramid Activities
The food-guide pyramid was designed to help people remember what foods—and how many servings of them—they should eat each day. Suitable for age 6 and older.