

COMMIT TO HEALTH

RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

NOVEMBER

November signals the beginning of the Holiday season. Holidays (and everyday) need to be approached with attention to portion sizes. Don't overdo it, and perhaps rely on some of the tip sheets below for suggestions on how to manage portions during this fun time of year!

- Check out some great [ideas](#) for making the holidays healthier!
- Planning beforehand how you will eat your meals, at home or away, will help you avoid overeating. Here are some [tips](#)!
- Looking for some nutrient-rich snacks? How about some that are under 100 calories? Look no further! Check out some healthy and calorie-conscious snacks [here](#). ([Spanish](#))
- Keep an eye on those serving sizes when you sit down around the Thanksgiving table! Learn about reasonable serving sizes [here](#).
- Physical Activity Tip: As winter is right around the corner, start thinking about taking up a new indoor exercise habit, such as yoga. The "practice" of yoga allows you to build strength in your core muscles, as well as many other muscles you did not know you had (such as the important balancing muscles on the sides of your knees and ankles)! It also helps you gain flexibility in your muscles to help you reach and bend. Finally, due to the breathing exercises that are part of the "practice," oxygen exchange is improved in your body which wakes you up and makes you feel better! You can begin this fun, healthy exercise "practice" as a family at home – check out this [YouTube channel](#) for some videos from beginner to advanced, short and long practices.
- Learn about a seasonal fruit and vegetable each month! Try new healthy recipes and cooking techniques [here](#)! ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([lean meats](#) and [sweet potatoes](#)) and coloring ([lean meats](#) and [sweet potatoes](#)) sheets for your family.

*For Spanish information about MyPlate , please [click here](#)!



National Recreation
and Park Association

www.nrpa.org/CommitToHealth