Making family time active time!
The family that stays active together has fun together! It’s
great for kids, because they learn how to stay healthy and
feel good through physical activity. And busy parents can
combine family time with exercise time. You might want to
try some tips below. If they don’t work for you, try making
up some of your own. You are in charge of your active life!

Getting started
• As a family, make a list of activities you would like to do together
• Make sure your list includes things that everyone can do and enjoy
• Keep a family physical activity log, or hang a calendar on the wall
• Try to plan one or two family events a week
• Once a month, plan a special event like a trip to the zoo, a day hike, or camping
• Use a safe backpack, stroller, or bike trailer so that smaller children can be included in
family activities

General rules
• Try to limit TV, video games, and computer time to 2 hours or less a day (not including time
for school work)
• Don’t use food as a reward for meeting activity goals
• Make staying active a top goal - Don’t let things get in the way of family activity time

Every day can be an active day
You may not even realize it, but your
normal day is full of active events. And
getting your 2½ hours of moderate activity a
week – what experts suggest – is not that hard.
Anything that raises your heart rate and makes you
breathe harder counts! Here are some tips for staying
active at home:
• Give the kitchen floor a good scrubbing
• Wash the car, clean the garage, or wash windows
• Walk or bike to the store
• Use an exercise video for a little while in the
morning and a little while in the evening
• Read the newspaper on a stationary bike

Wellness Webinar Series
“Get Up, Get Active”
April 18, 2017
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Bulgur wheat salad

Bulgur is the star whole grain of this simple and colorful salad.

**Ingredients**
- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green, red or yellow pepper (small, chopped)
- 1/3 cup fresh parsley (chopped, or 2 tablespoons dried)
- 1 teaspoon canola oil
- 1 1/2 cups bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas or garbanzo beans (canned, drained)

**Directions:**
1. Wash and chop fresh onion, broccoli, carrots, pepper, and parsley (if using fresh parsley).
3. Add bulgur and stir to coat. Add 2 cups chicken broth to skillet, bring to a boil.
4. Lower the heat, add remaining veggies and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

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