



Community Health Partners

“Healthy Balance” Family Challenge

To earn the challenge patch at this year’s Spring Outing, please “check off” at least **12** of the 20 following health and nutritional recommendations. Get the whole family involved!

- Get proper sleep each night (8 hours minimum)
- Serve a healthy snack when hosting a tribal meeting
- Family exercise time together at least twice a week (walk, jog, bike ride, etc.)
- Select one WakeMed Health Activity (on the web) for a tribe meeting
- Drink water or milk at one meal a day
- Limit TV/computer/gaming time to less than 2 hours a day
- Participate in fun family physical activities twice a month (tennis, basketball, etc.)
- Add an extra serving of fruit every day (apple, banana, grapes, etc.)
- Switch from whole milk to 1% or skim milk
- Switch from vegetable oil to olive or canola oil
- Switch from white bread to wheat grain bread
- Replace fast food French fries with healthier choice (salad, yogurt, etc.)
- Wear a helmet when using anything with wheels (bike, skates, scooter, etc.)
- Practice a home fire drill. Develop a plan, meeting place. Install smoke detectors
- Participate in kids athletic teams (coach, referee, help w/ practices)
- Maintain good dental hygiene (floss, dental check-ups)
- Keep healthy snacks within easy reach (apples, bananas, trail mix, etc.)
- Participate in a charitable fundraiser like a walk-a-thon, bike-a-thon, etc.
- Make the effort to park far from your destination and walk a little further
- Participate in a family fun run or 5k challenge

By placing my signature on this form, I hereby promise that our family has or will successfully implement at least 12 out of the above 20 health and nutritional recommendations listed above.

Guide/Princess _____ Big Brave _____

Date _____