

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!

FEBRUARY

Celebrate National Heart Month by creating healthier habits at home! This February, find some healthy alternatives to reduce sugar consumption, as too much can lead to heart disease and obesity.

- Just how much sugar is in your favorite beverage? And what are some alternatives to sugar-sweetened beverages? [Check out this website](#) for calorie counts in common beverages – you may be surprised at how high they are! [\(Spanish\)](#)
- Choose healthier beverages! [Here are 10 tips](#) for drinking more water, choosing low-fat or fat-free milk, and making sure you are getting the nutrients you need!
- Take a look at a more [detailed description](#) of sugars in beverages, warning: it is kind of long!
- Do you know how to read a beverage label? Make sure you know where to find the sugar! [Click here](#) so you can make healthier beverage choices.
- **Physical Activity Tip:** During Heart Health Month it is important to be physically active to work your heart! Perhaps try something new – pick one type of physical activity (45 minute walk, 20 sit ups, jump roping, etc.) to do daily for the whole month of February! Buy a journal, or download an app such as Google Fit, for tracking your daily activity. Record daily when you did the exercise, how long, with whom, how you felt, etc. Maybe by the end of the month your new activity will become a healthy habit!
- Tired of plain water? Add a “splash” of flavor with these great, low/no-sugar suggestions:
 - » [Kiwi Berry Blend \(Spanish\)](#)
 - » [Cucumber Mint Breeze](#)
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) [\(Spanish\)](#)
- Help reinforce healthy eating with fun activity sheets ([good fats](#) and [low-fat dairy](#)) and coloring sheets ([good fats](#) and [low-fat dairy](#)) for your family.

