



## Fit Families

### FAMILIES PLAY A KEY ROLE IN DETERMINING A CHILD'S OVERALL FITNESS.

- Providing children with a diet of nutritious food choices ensures a healthy future.
- Parents are the best role models for a healthy, active lifestyle.
- Limited sedentary activities at home encourage children to choose outside physical activities.
- Focusing on fitness as a family helps children develop a healthy way of life.
- Structured family meals and snack times help children regulate their own eating habits.

### PROPER NUTRITION IS A CRITICAL ELEMENT TO A HEALTHY LIFE.

- Eating lean meats and fish, while limiting red meat in the diet can reduce cholesterol and calories.
- Non-fat and low-fat milk and dairy products build healthy bones and teeth.
- Drinking water instead of soda or fruit juice hydrates the body without adding empty calories.
- Five servings of fresh fruits and vegetables a day provide essential vitamins, minerals and fiber that are important to good health.

### PHYSICAL ACTIVITY HAS A SIGNIFICANT IMPACT ON OUR HEALTH.

- Physical fitness combats obesity by controlling weight gains.
- Physical exercise reduces the risk of heart attack, type two diabetes and colon cancer.
- Daily physical activity reduces symptoms of depression and anxiety.
- Individuals who are physically fit have better endurance for activities and tasks.

### PHYSICAL THERAPISTS ARE EXPERTS IN HUMAN MOVEMENT AND PROMOTE PHYSICAL ACTIVITY TO MAINTAIN A HEALTHY LIFESTYLE.

- Physical therapists can assess your readiness for physical activity.
- Physical therapists will design an individualized exercise programs that enhance and prolong a person's fitness.
- Physical therapists develop physical activity programs that set personal goals and objectives.
- Physical therapists are used as consultants in workplace settings to reduce injury and in athletic clubs to develop safe and effective workouts.