

Sanford *fit* for Families

Get started! Take a look at the [FAQ for Families and Educators](#) to get started helping kids learn about healthy lifestyle choices today!



RECHARGE & RELAXATION

Your energy level influences the choices you make. Recharge by finding healthy screen-free ways to relax and by getting the restorative sleep your body needs.

- Help kids learn about the importance of bedtime routines with this online lesson: [Bedtime Routines to Improve Sleep Habits](#). Kids will learn about the importance of bedtime routines and think about their current routines.
- Try a slide show at home! Watch [Prepare to Restore Your Energy](#) where kids can compare two imaginary bedtime routines and then think of ways to improve their own!
- Use the [Switch Off Challenge](#) to challenge kids to reduce their screen time, get active, and have fun!
- How much screen time is too much? Discover ways you can unplug with our [10 Ways to Minimize Screen Time](#).

FAMILY TIP: Keeping a bedtime routine is important to ensure your child is getting enough sleep and relaxation. Use this free [bedtime routine](#) printable to create a schedule today!



MOVEMENT & EXERCISE

Daily physical activity is essential for a healthy body. Move many times, many ways, and in many places throughout the day.

- Use the lessons in this unit, [Add Action to Your Day](#), to help kids learn about the connection between energy levels and movement.
- Follow along with this slideshow, [Move Your Body](#), to show kids different movements to move their entire body.
- [8 Sneaky Ways to Keep Kids Moving](#) – Discover eight fun ways to help incorporate more movement into your kids' day.
- [fit Workout: fitBoost Sports Moves](#) – Boost your energy with this 3-minute brain break!

FAMILY TIP: Get up and move every 30 minutes. Refill your water bottle, walk a few laps around the room, or try a [fitBoost](#) or [fitFlow](#)!



FOOD & NUTRITION

When kids can see the connection between healthy foods and drinks and having the energy to do the things they want and need to do each day, making nutritious choices becomes more appealing.

- Use this lesson, [Tips to Help Kids Make Healthy Snack Choices](#), to teach kids how to choose the best foods for snacks!
- Try a slide show at home! [Food is Fuel](#) lets kids pick the best fuel for their bodies.
- Watch one of our videos at home to discover [What Does Protein Do for Your Body?](#)

FAMILY TIP: Encourage children to develop healthy relationships with their bodies and the food that goes into them. Try new recipes together and talk about what you all like!



MOOD & MENTAL HEALTH

We all experience countless feelings and emotions. Those feelings and emotions create your mood, which can influence your choices and decision-making.

- Help kids understand the connection between feelings, emotions, and mood by looking at the *fit* slideshow, [How Do You Feel?](#)
- Read the blog post, [Using Positive Self-Talk to Motivate Your Mood](#) to learn about things kids can do to motivate their mood.
- Print out [Motivation Station](#) cards for ideas that you can use at home. While you are at it, play the *fit*Game [Motivation Stations](#) to practice self-regulation of emotions!

FAMILY TIP: A quick and easy way to motivate your mood is to simply go outside and breathe some fresh air!

BE THE FIRST TO KNOW!

[Sign up for our email list](#) to get new materials delivered right to your inbox and tips to keep your family healthy!
And follow us on social media @sanfordfitkids.

