



HAPPY
MOTHER'S
DAY!



HEALTHY LIFESTYLES CLINIC

May 15, 2016

Let's Get Moving!

Now that the sun is shining, it's time to switch off the TV, put down the phone, and get active! Make physical activity a family goal. You could go on hikes or bike rides together, take breaks from homework to do something fun and active for 30 minutes, or focus on balance and flexibility with yoga or martial arts. If it's still too rainy and you have a game console, try a fun dance or sport video game that will get the whole family moving!



Model Behavior

Research has shown that it is easier to stay healthy when friends and family join in on healthy behaviors.

Instead of just giving your child reminders or instructions, try being active with them and complimenting them when they change a behavior.

You can also make it a family priority to maintain those health goals together. Your child will be much more likely to want to keep up their hard work!



Farmers Markets

The farmers market is a fun place to explore and learn more about local farms. At the market, your child will have the opportunity to learn about a variety of fruits and vegetables. They can choose their favorites or find new ones, and can have more control over their healthy choices.

To find the nearest market visit:

<http://www.portlandoregon.gov/b>

