

Spending Time Together as a Family is Healthy and Fun!

Eat Together

More and more families today find it hard to make time to eat together. Check out these benefits when your family eats together.

Families who eat together:

- Talk and share;
- Establish stronger bonds;
- Serve more nutritious food.

Children in families that eat together:

- Do better in school;
- Eat healthier food;
- Get along better with other children;
- Say they like it;
- Enjoy the time with you!

Family meals:

- Teach traditions;
- Teach manners;
- Save money;
- Provide time to practice faith and spiritual beliefs.

Play Together

Good physical activity habits learned early can help your child become an active and healthy adult. Adults and children should try to get at least 30 minutes of physical activity on most days of the week.

Families who play together:

- Serve as role models for one another;
- Are more likely to participate in regular physical activity;
- Have fun together;
- Build lifelong habits.

Regular physical activity:

- Increases life expectancy;
- Decreases the risk of chronic diseases;
- Reduces feelings of depression and anxiety;
- Builds and maintains healthy bones, muscles, and joints;
- Helps control weight.

