



Families Eating Smart and Moving More offers families simple solutions to help them eat smart and move more. Eating smart and moving more does not have to be difficult. *Families Eating Smart and Moving More* gives families the skills to be able to eat more meals at home, eat healthy when eating out, move more in their everyday routine and watch less television.

Families Eating Smart and Moving More includes four modules:

EATING SMART AT HOME—Simple solutions for planning, shopping, fixing and eating more meals at home. Families who eat together at home eat more fruits and vegetables and less fat. Eating at home as a family is a great way to begin to eat smart.

EATING SMART ON THE RUN—Eating out has become a way of life for many families. Eating in restaurants often means eating more fat, sugar and calories, and fewer fruits and vegetables. Eating away from home can also mean large portion sizes and too many soft drinks. **EATING SMART ON THE RUN** provides families skills to choose wisely when eating foods away from home.

MOVING MORE, EVERYDAY, EVERYWHERE—Building physical activity into the day doesn't require special equipment or a special place. Families learn ways to take advantage of everyday opportunities like taking the stairs and parking farther away. Moving more can also be a fun family event like a trip to a park or a walk after dinner. Every step counts toward the recommended 30 minutes for adults and 60 minutes for children per day.

MOVING MORE, WATCHING LESS—Television, computers and video games are a major part of everyday life. **MOVING MORE, WATCHING LESS** gives families simple strategies to help turn off the TV and turn on to other opportunities.

For more information contact: