

The life-changing healthy-eating and exercise program developed by a registered dietitian and recommended by your doctor.

HEALTHY HABITS

The mission of Healthy Habits is to provide honest, credible and fun health education utilizing nutrition and exercise principles to promote positive behavioral changes that result in lifelong habits and thereby optimal wellness for the whole family.

The goal of Healthy Habits is to unite children and their families to achieve long-term dietary changes and physical activity through personalized group education in a friendly environment. In other words, Healthy Habits's ultimate goal is to encourage a lifestyle of active children eating sensibly.

CREATING HEALTHY HABITS WEEK BY WEEK

Healthy Habits can be used as an eight-week continuous program incorporating both healthy eating and exercise in order to teach children to eat sensibly and to be active. The program is flexible. It can also be used as a guide for schoolteachers teaching nutrition. Teachers and parents alike may use the lessons plans individually throughout the year as a guide for sharing a positive nutrition message rather than a good-versus-bad nutrition philosophy. The program is divided into eight sections with a lesson plan, child-friendly handout and homework. Healthy Habits can be used in any order.

This weekly program was developed by Laura Cipullo, RD, CDE, in response to the childhood obesity epidemic. Healthy Habits is a tool for families to prevent or help children's food and weight issues. This program is for every child. It was designed to educate children of all shapes and sizes on how to make the appropriate nutrition choices for the rest of their lives. Each week the children learn new nutrition concepts through hands-on activities led by a registered dietitian, a health facilitator, a teacher or even a parent.

Physical activity is recommended as an adjunct to the nutrition lessons. It is recommended that the physical activity be incorporated in a supportive and safe environment. The children can exercise or learn yoga and dance with an exercise physiologist, gym teacher, dance instructor or parent.

WHAT YOU LEARN

- How to attain a healthy weight while eating all types of foods
- Portion control
- Lifestyle exercises
- Contracting your way or your child's way to healthy eating and weight loss
- The importance of family support
- Healthy hints and the art of self-control
- Your body as your friend
- The right reward

FORMULA FOR SUCCESS

- Healthy and happy eating for the whole family
- Food is divided into color categories
- There are no good foods or bad foods
- Weight loss is not dependent on fad diets
- Body movement is fun
- Carbohydrates, proteins and fat are all part of a healthy meal plan
- Our body cues are the key to health success
- Listening, understanding and respecting body cues
- Setting realistic goals

HEALTHY HABITS

Healthy Habits is available for purchase online. Upon purchasing the program, you will receive a time-sensitive pass code to download the program to your computer. The program contains 8 lesson plans with accompanying handouts and homework assignments, as well as Healthy Habits's Color-Coded Food Choices. The program can be modified for different age groups but was designed for children between 8 and 12. Healthy Habits is available for a low cost of \$65, in an effort to make this needed program available to every person who impacts a child's state of health.