Why should we make time for this?

Whether it’s eating on the go or too much time in the car without exercising the body, an overscheduled life can take a toll on physical wellness. Getting lost in the busyness of everyday life often leads to forgetting to take proper care of the body. If you find yourself saying, “I’ll start eating more healthfully as soon as summer arrives” or “I just don’t have time to fit a workout into my schedule,” use the tips below to implement easy-to-follow strategies that promote physical wellness in an overscheduled life and set a positive example for those around you.

How can I improve physical health with little time?

Plan Ahead:
- Pick one day each week to plan and prepare healthful meals for the week. Bag or store meal-size portions in easy-to-transport containers. Freeze extra portions to reheat later. Cut up fruits and veggies and make them easy to grab from the fridge. Eat more healthfully, feel better and save money.

Choose Wisely
- When stopping for a quick bite at a fast-food restaurant, go for veggies and fruit instead of fried food and simple carbs. These healthful substitutions make a big difference. Encourage your kids to do the same by setting an example for them to follow.

Go Prepared
- Bring fruit and nuts with you for easy, healthful snacking throughout the day. Pack them in your children’s lunches and take them on trips. Nuts, fruits, veggies and cheese make great snacks in the car and provide protein and vitamins for sustained energy.

Break it Up:
- Take five- to 10-minute breaks throughout the day by taking a walk or doing other simple exercises such as toe touching. Take the stairs instead of the elevator. Do stretching exercises at your work station. Park further away from destinations and walk a bit further. Every move counts. Get a pedometer and count your steps.

Start Early:
- Plan early morning workouts. Get your run, walk or resistance training in before you eat breakfast. Don’t want to leave the house? Just bang out pushups and leg raisers in the living room. Morning exercising will wake you up, and give you extra energy and elasticity to face the day ahead.

Exercise Multitasking:
- Morning workouts not your thing? Then do it with your kids. Bike or run with them to school, the store or the rural mailbox. Run around the soccer or football field during their practice. Do strength work at the park. If you can’t carve out alone time, multi-tasking during your kids’ activities is the perfect way to keep the family healthy and fit, instead of fidgety, while waiting.
Physical Wellness for Overscheduled Families

Family Conversation Starters
- Check out your plate. Which foods are healthful to eat? Which are less healthful foods? How can we stay away from unhealthful foods?
- Name 10 healthful foods you would like to have for meals, snacks or packed in your lunch.
- Act out some activities you would like us to do together that are fun and get us moving. Everyone will try to guess what activity you are doing. The recorder can write all ideas on a list and we can use this list to plan family activities.

Family Activity
Exercising Simply
List free or low-cost physical activities on note cards. This may include:
- Yard work (in season)
- Walking around the block
- Biking to the park
- In-line skating to the library
- Touching your toes for 10 minutes
- Doing 15 “Jumping Jacks”
- Walking, running, skipping or galloping to a particular location

Ask a different family member to draw one card each day. Everyone will do the selected activity together that day.

Family Action Plan for Physical Wellness

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<th>What do we already do well?</th>
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Who will do each task and by what date? How will we know if we are successful?

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