



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

CATCH Healthy Habits at Home

Below are simple steps that will add up to a big difference in your family's health. Select the ones that are best suited for your family and keep it simple.

- ✓ Review the list all together with the family.
- ✓ Check off everything you are already doing.
- ✓ Decide on a couple of new things your family will try together.
- ✓ Keep at it!
- ✓ Celebrate your success and achievement.
- ✓ Pick and conquer something new.

Let's Get Active!

- We use the stairs instead of the elevator or escalator.
- We keep the TV turned off at meal times.
- We limit screen time (TV, video games, computer, etc.) to two hours per day.
- We keep the TV out of the kid's bedrooms.
- We walk together 10 minutes a day at least three times a week.
- We park the car a bit farther away so that we can walk.
- We play outside together after school and work at least one day a week.
- We plan family time together that includes being physically active (walking, riding bikes, working outside, swimming, etc.)
- We walk or bike on a short trip instead of taking the car at least once during the week.
- We walk to school together one day a week.
- We do household chores together.
- We stretch or do yoga while watching TV.

Let's Eat & Drink Healthy!

- We eat together at least twice a week.
- We eat a fruit or vegetable at every meal.
- We eat a fruit or vegetable as a snack every day.
- We try not to eat too much fast food.
- We never supersize, unless it is to share with others.
- We buy frozen, canned, or dried fruits and vegetables.
- We buy whole grain bread (whole wheat, bran, oatmeal, multigrain).
- We use small amounts of margarine, butter and salad dressings.
- We bake, broil, grill, microwave meats, fish, and poultry.
- We buy less soda for the home.
- We drink more water or pure fruit juice.
- We drink 1% or skim milk.
- We hardly eat foods of minimum nutritional value.

Our family agrees to try the following:

New CATCH Health Habit: _____

New CATCH Health Habit: _____

Family Members Involved: _____

CATCH Texas CATCHTexas.org

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