

## EXERCISE HAS SO MANY BENEFITS FOR YOUR FAMILY!!

Hello Huskies!!!! As part of the Saginaw County Health Department's BWell initiative to promote healthy behaviors, this month continues to focus on topics related to helping families enjoy their time together. We all would like healthy, happy, motivated families right? Getting exercise and eating a balanced diet are two huge pillars of health. But life gets in the way and being busy takes over. It might be safe to say that "we have all been there" and it is tough to get exercise and eat nutritious foods. Is it time to double down and make the time for healthier? We CAN do it!!!



## WHEN YOUR KID SAYS THEY DIDN'T EXERCISE TODAY

*Get creative when it comes helping your children earn movement minutes for their Step Up & BWell team at school!*



- **Olympic Bathroom Cleaning Course** – Set a timer for 15 minutes. Place or hide the following items in various locations around the house: roll of paper towel; toilet bowl brush; cleaning rags; a safe, non-bleach cleaning product or mild detergent; window/mirror cleaner. Child races from each location to bathroom and cleans it. Everybody wins!
- **So You Think You Can Vacuum** – Loud music, vacuum cleaner, dance moves, judges, videotape. Go!
- **Swift it Good** – Creatively attach rags or Swiffer dry sheets to each foot. Turn up the jams, and move feet to the beat across hardwood or tile floors.
- **Be Aggressive...Be, Be Aggressive Bedroom Pick-Up** – Kids and parents chant this cheer while completing the following list of activities in their respective bedrooms: Hang up clean clothes, put dirty clothes in hamper, take dirty dishes and trash to kitchen, make bed. Fastest wins. Hint: let the kids win, then beg for "best out of 3" in other rooms.
- **Aerobic Car Washing** – Once weather warms up, bring out the hose and buckets of soapy water. Crank up the music again, arm each child with a sponge in each hand, and let the fun begin.



**Things to do together as a family...**  
**How many of these activities, as a parent, do you do with your kids weekly?????**

**Greetings Step Up & BWell Participants**

As teams compete against one another we need to collect some baseline information on each team member.

**Please complete this 5 minute survey no later than April 30th so we may evaluate the success of this program.**

Click this link to start the survey:  
<https://survey.alchemer.com/s3/7193922/Step-Up-BWell>

Those who complete their surveys will be entered into a drawing for prizes.

**CHALLENGES THIS MONTH**

- Do 15 pushups each day
- No processed snacks for 1 day, any day of the week
- Write a positive note for anyone in your life.



**Healthy Substitute for Moms and Dads**

Try this homemade coffee creamer in place of store-bought ones containing high fructose corn syrup and flavorings.

- Use 1 can of whole or reduced-fat coconut milk, 1 T of maple syrup, and 1 tsp of vanilla extract.
- Experiment with other flavors by adding a dash of cinnamon or a pinch of pumpkin pie spice.
- Place ingredients in a bottle or glass mason jar and shake well. Keep in the frig for up to 1 week or freeze in ice cube trays for long-term storage.
- It's dairy free, lower in sugar, and delish.

**Exercise TOGETHER**

Play a sport

Go to movies

Play a video game **WITH** your kids

Go shopping together

Challenge someone to do push ups , track for 1wk.

Have your child make you dinner

Make a healthy meal **together**

Play a quick card game

Help with homework

Ask **each other** one probing, interesting question

Take a walk

Plan an event, within the month, **to do together**

Show **each other** five "cool" tiktoks/facebook videos

**RESOURCES**

**For StepUp & BWell assistance, reach out to your Hemlock HRA:**

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989-751-1256



**BWell Saginaw**  
[BWellSaginaw.org](https://www.bwell.org)

**Saginaw County Community Resource Guide:**

<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>