



The Fit Family: What is your formula?

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With such focus on keeping our children healthy and avoiding obesity, creating a family plan to live by can be helpful. The state of North Carolina created a mathematical equation to ensure their families stay fit... $5+2+1+almost\ none = the\ fit\ family$. This refers to 5 fruits and vegetables a day, no more than 2 hours of TV a day, 1 hour of physical activity a day and almost no sugary drinks.

Now that Rocklin is in the midst of the spring sunshine (finally) and the days are longer, it is easier to get active with the family. Find a group to be active with, kids, including strollers, and the family pet are welcome at the *I Run Rocklin and Beyond* group run on the 2nd Saturday of each month. If you missed the recent Run Rocklin event, log on to active.com for other upcoming family friendly events in the area.

Another way to stay active is creating or participating in a program at your local school. Many Rocklin schools have 5k clubs or cross country teams. For busy, working parents, a school or organized sport will help kids get active daily. The City of Rocklin is hosting the Tri the Rock youth triathlon for kids on Sunday, May 16th that is in a pool which is perfect for beginners. Aside from organized events, simply walking the dog or getting out on your bikes sets an example to your children that being healthy is a family priority.

While getting kids to eat 5 fruits and vegetables a day can seem like a daunting task and just another thing to nag them about, it is important and being creative can be the key. Tucking carrots and zucchini into pasta sauces or even brownies can help. I regularly ask my kids if they have “eaten the rainbow today”...huh? If they can rattle off 5 different colored foods, then we are hitting the mark with balanced nutrition intake.

Limiting television time will make kids get more resourceful with how to spend their time. By simply shutting off the TV on school days, kids will gravitate to other activities when they are bored. I will often find one of my children bathing the dog or jumping on the trampoline when the house is quiet. We also have kid approved exercise equipment in our house that they can go “workout” on.

Finally, sugary drinks are one of the number one causes of obesity amongst children. I have yet to see a young child head to the grocery store and buy a soda without a parent present. If we, as parents, don't bring it into the house then it is not there to battle over. It is easier to make it out of sight out of mind than be faced with a battle over saying no.

Does your family have a fit formula? Hold a family meeting and let your family create a custom plan, as a fit family is a happy family!