

Family Togetherness

Family Health

Happy Family, Healthy Life

Time spent with family (whether that means blood relatives or trusted friends) benefits everyone involved – it's shown to boost happiness and sense of purpose, discourage unhealthy lifestyle habits, help cope with trauma and increase self-worth.

This month, find time to spend with your family each week. To help make this happen, find a consistent time of the week to spend together and plan your activities in advance!

Week 1

Get Active

- Take a walk in a nearby park, neighborhood or nature reserve.
- Go camping, whether you visit a park or pitch a tent in the backyard.
- Have an impromptu dance party and boogie down in your living room. Take a moment to have some fun picking out songs together!
- You know each other best—take turns choosing activities you all enjoy.



Week 2

Mmm... Food

Have fun sampling new foods together! Talk about your family heritage or your favorite foods, and then research a meal none of you have eaten before. Have fun together as you shop, cook and enjoy the finished product.

Week 3

Grow and Learn Together

Plan a backyard or living room talent show, take turns picking favorite card and board games, start a family book club, or just talk, joke and laugh as you learn about one another.



Week 4

Develop a Sense of Community

This can be anything—volunteering time at a shelter or retirement home, picking up litter to beautify the neighborhood, driving together to donate clothes, books or food. Bond as you do something good for others!

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Track Your Activity

Use the weekly guide for ideas to try new things with your family and friends. Mark on the calendar each day you're able to enjoy time together!

SUN

MON

TUE

WED

THU

FRI

SAT

Get Active

Week 1

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7

Mmm... Food

Week 2

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Grow and Learn Together

Week 3

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Develop a Sense of Community

Week 4

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Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name: _____

Date: _____

Week 1

Were you active with your family and/or close friends? YES NO

If yes, what activity did you do?

Week 2

Did you sample new foods with your family and/or close friends? YES NO

If yes, what new foods did you try?

Week 3

Did you spend quality time with your family and/or close friends? YES NO

If yes, what did you do together?

Week 4

Did you devote time to improving your community with family and/or close friends? YES NO

If yes, what did you do to benefit others?
