

# ENGAGING MY FAMILY IN BEING "FUTURE WELL"

According to the World Health Organization (WHO), the best way to reduce your family’s chance of developing non-communicable diseases (NCDs) is to reduce the major risk factors.<sup>1</sup> Remember, the earlier your family members can learn ways that can lower their risk factors towards developing NCDs, the sooner they can begin to build a healthier future.

## CONVERSATION STARTERS

Try using some of these discussion questions to start important conversations about your overall health with your family!

- What are some ways in which we are already reducing our risk of developing non-communicable diseases like heart disease and diabetes?
- How can we- as a family be more physically active ? Which is the most enjoyable physical activity that we can do together?
- Does our family make nutritious food choices? How do we know that?
- How can we make more nutritious food choices? Are there any food items that we eat presently, which can be replaced with more nutritious options?
- Why is it important for us to make healthy choices about nutrition and physical fitness?

## ACTIVITY IDEAS

Here are some quick activities your family can do together to support in making healthy choices! Which one(s) will your family try?

- Review your current weekly grocery shopping list as a family. Are there enough food items

for each of the seven food groups? Are there any items you can replace with more nutritious options? Work together to revise the list before your next shopping trip.

- As a family, create a meal plan for the upcoming week that reflects all seven food groups and the most nutritious food choices possible. Then, go for grocery shopping together and get ingredients you will need for each mentioned meal in the plan!
- Host a “food groups party” where each member of the family prepares or brings their favorite food from the seven food groups for everyone to try.
- Look at your family’s schedule for the upcoming week and try to find time when all members can participate in physical activity as a family and mention that in the schedule. At the end of the week, come together and discuss how it felt to be active together.
- Ask each member of your family to add an activity to “Family Physical Fitness Wishlist” and commit performing it sometime in the next month. Which were family’s favorites?
- Do the members of your family wear fitness trackers or track their steps using an app? Consider having a family ‘step count’ challenge!

<sup>1</sup> <https://www.who.int/activities/preventing-noncommunicable-diseases>