



# 30 Days of Family Fun, Food and Fitness

Start the school year off in a healthy way by taking the Northwestern Medicine **CATCH**<sup>®</sup> Family Fitness Challenge!

- Complete the 30 nutrition or fitness challenges
- Answer the questions in the boxes
- ☒ Mark each box as you complete each challenge
- Return by \_\_\_\_\_
- Have fun!



## ■ Day 1

### Set a family fitness goal:

We will be active a total of \_\_\_\_\_ minutes by the end of 30 days. Try to work up to 60 minutes a day of moderate-to-vigorous physical activity.

Be active for at least 10 minutes.

## ■ Day 2

### Healthful habits are fun to CATCH®. (Coordinated Approach to Child Health)

Learn the **GO**, **SLOW** and **WHOA** foods.

**GO:** Anytime foods

**SLOW:** Sometimes foods

**WHOA:** Once-in-a-while foods

Be active for at least 10 minutes. CAN YOU TRY FOR 15 MINUTES?

What's your favorite GO food?

## ■ Day 3

### Take a family bike ride.

- Remember your helmets!
- Did you see anything interesting?

Be active for at least 10 minutes. CAN YOU TRY FOR 15 MINUTES?

## ■ Day 4

### GO foods and drinks are good to eat almost anytime.

- Fruits and vegetables, whole grains, skim milk, lean meats and water
- Can you find GO foods in your house?

Be active for at least 10 minutes. CAN YOU TRY FOR 15 MINUTES?

## ■ Day 5

### Take the stairs whenever possible today.

How many stairs did you climb?  
Count together.

Be active for at least 10 minutes. CAN YOU TRY FOR 15 MINUTES?

## ■ Day 6

### SLOW foods are sometimes foods.

They aren't off limits, but you shouldn't eat them every day because they are higher in fat, added sugar and calories. Examples: Pancakes, sports drinks

Be active for at least 10 minutes. CAN YOU TRY FOR 15 MINUTES?

What's your favorite SLOW food?

## ■ Day 7

### Get a pedometer or count your steps.

How many steps is it from your bedroom to other rooms in your house?

**FUN FACT: 10,000 steps is about five miles.**

Be active for at least 15 minutes.

## ■ Day 8

### Step it up!

Add five minutes or more to your family fitness activity time today.

How many minutes were you active as a family today?

Be active for at least 15 minutes.

## ■ Day 9

### WHOA foods are once-in-a-while foods.

They are special treats like birthday cake or doughnuts. Have small portions of WHOA foods.

Be active for at least 15 minutes. CAN YOU TRY FOR 20 MINUTES?

What's your favorite WHOA food?

## ■ Day 10

### Not outside weather?

Try walking inside a park district building or at the mall. Bowling, rollerskating and indoor swimming are fun family outings that keep everyone active.

What do you like to do to be active when the weather is bad?

Be active for at least 15 minutes. CAN YOU TRY FOR 20 MINUTES?

## ■ Day 11

### **Slice and dice! Let's make GO food pizza.**

Use whole wheat pizza dough (boost the fiber) and low-fat mozzarella, and pile on diced up vegetables or add pineapple.

Did you like it?

Be active for at least 15 minutes. CAN YOU TRY FOR 20 MINUTES?

## ■ Day 12

### **Don't forget to stretch every day.**

Be sure to stretch legs, arms and back before and after any fitness activity.

Play the stretch game. Call out words and have your family stretch to touch them. Example: Toes, sky, knees, reach to the side, etc.

Be active for at least 15 minutes. CAN YOU TRY FOR 20 MINUTES?

## ■ Day 13

### **Walk to dinner or for an after-school snack.**

Find a restaurant five blocks away that serves healthful food or pack a GO food picnic; walk there and back – that's about one mile of walking.

What restaurant do you like that serves healthy food?

Be active for at least 15 minutes. CAN YOU TRY FOR 20 MINUTES?

## ■ Day 14

### **Step it up!**

Add five minutes or more to your family fitness activity time today.

How many minutes were you active as a family today?

Be active for at least 20 minutes.

## ■ Day 15

### **Walk and talk.**

Walk outside or around the house and tell three things about yourself that your family doesn't know about you.

Can you think of something funny to share?

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 16

### **Do a GO food taste test.**

Get some different fruits, vegetables, grains, milk products and meats. Take turns being blindfolded while trying the new foods and guessing what they are.

Which was the family favorite?

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 17

### **Go on a "walking date."**

Set a date, time and place where you and some friends will meet to walk and CATCH® up.

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 18

### **Fun shopping tip:**

Make a GO food grocery shopping list with your child. Let him/her push the cart and help put foods in the basket.

**FUN FACT: Kids who are involved in buying and fixing meals tend to eat better.**

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 19

### **Check out a fitness DVD from the library or find a video on YouTube.com.**

There are many different types of exercise videos, such as yoga, step aerobics and Pilates.

Which is your favorite type of exercise?

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 20

### **Try walking, riding your bike or taking your scooter on a different route.**

Use the website mapmyrun.com to find new routes.

Where did you go?

Be active for at least 20 minutes. CAN YOU DO MORE?

## ■ Day 21

### Step it up!

Add 10 minutes to your family fitness activity time today.

How many minutes were you active as a family today?

Be active for at least 30 minutes.

## ■ Day 22

### Visit [choosemyplate.gov](http://choosemyplate.gov).

MyPlate illustrates the five food groups that are the building blocks for a healthful diet.

Be active for at least 30 minutes.

## ■ Day 23

### March in place during your favorite TV show for 15 minutes.

Be active for at least 30 minutes.

## ■ Day 24

### Food should not be a reward for good behavior.

Try words, high-fives, hugs and kisses instead.

Be active for at least 30 minutes.

## ■ Day 25

### Step it up!

Talk with your family. Are you ready to add more minutes to your daily activity time?

How many minutes were you active as a family today?

Be active for at least 30 minutes.

## ■ Day 26

### Go on a scavenger hunt along a prairie path.

Make a list of what to look for and new things you see.

Be active for at least 30 minutes. CAN YOU TRY 35 MINUTES?

## ■ Day 27

### It is the kids' turn to cook.

- **Ants on a log:** Spread peanut butter or cream cheese on celery, place raisins on top and ENJOY!
- Visit [cafezoom](http://cafezoom.pbskids.org) at [pbskids.org](http://pbskids.org) for more recipes

Be active for at least 30 minutes. CAN YOU TRY 40 MINUTES?

## ■ Day 28

### Add a little groove.

Try making a playlist for your family's next walk or trip to the park. Let each family member pick a few favorite songs to include on the list.

Have a dance party at home. What is your favorite song to sing as a family?

Be active for at least 30 minutes. CAN YOU TRY 45 MINUTES?

## ■ Day 29

### Visit [letsmove.gov](http://letsmove.gov).

Look for more family-friendly fitness activities.

Be active for at least 30 minutes. CAN YOU TRY 50 MINUTES?

## ■ Day 30

### Did you CATCH® some healthful habits and reach your goal?

Keep up the great work by continuing to try your own family fun, food and fitness ideas!

Try to be active for 60 minutes every day.