

Wellness Wednesday at Home

Healthy Eating:

- Prepare 1-2 meatless meals per week. Meatless Mondays?!
- Add pureed vegetables into meals into sauces for meals like spaghetti, pizza, casseroles).
- Make homemade meals in bulk – instead of making one, make two and freeze the other. Better yet make three and give the extra meal to a neighbor!
- Build a garden with your family – kids love eating what they've grown.

Active Living:

- Do jumping jacks, sit-ups or use hand weights during commercial breaks.
- Do squats when brushing teeth.
- Take your dog (or a neighbor's dog) out for walk before work or after supper – it's good for both of you.
- Get active with your kids or grandkids – play what they play...don't just watch!
- Turn housework into exercise! Turn on some music and make beds, wipe down counters, start laundry, make lunches, cut up veggies. Just move!

Healthy Environment:

- Teach your kids/grandkids about energy conservation – be a role model about shutting off lights, turning off water when brushing teeth, short showers, etc.
- Downsize garbage cans to smaller size -- this saves money and promotes recycling.
- Buy stainless steel water bottles and keep prefilled refrigerator - easy for families to grab on the go and is already chilled!
- Start a compost.

Share your ideas for Wellness Wednesday at Home and inspire us all!