

Family Wellness Plan – Rob Howze

0:00 What is good, everybody!? I am so excited to share this family wellness plan with you. These are going to be eight quick tips to keep your family on the wellness track, alright – keep us on the wellness track! Alright, number 1: Family Walks! Family walks are an amazing way to orchestrate and organize and intentional activity for wellness. Intentional. Activity. For WELLNESS. This is what this is all about – creating these intentional activities. So, a Family Walk, you can do it before dinner, or after dinner, on the weekend, in the morning – but typically, before or after dinner works great. Charity walks or runs are good – walking a dog obviously you can do that as a family. Again, I like to encourage a lot of family activities, a lot of things that families can do together – nature walks and hiking. There are all things we can do, enjoy the outdoors, and get that activity working through our bodies.

1:14 Alright – number 2 – DANCE PARTY! Put on “Just Dance”, AND groove! Or tell Alexa to play something (oh Alexa – you be still! You have to be careful when you say Alexa about anything! Don’t do it!!). But you know - DANCE! GROOVE! Get your move on! This is a fantastic way to burn some calories and work out as a family. Freeze dance! Me and Mel- Bell (Melody), my little eight year old, we play that – my whole family plays that! You know – Freeze! Dance! Always great!

1:46 Number 3 – YARD WORK! I know it doesn’t sound like a lot of fun but it gets things done! Maybe you have got to pick some crab grass or fix the edges up in the back yard, get the leaves up – who knows? Shovel? But you see – these are activities that can be done TOGETHER.

2:05 Number 4 – PLAY GROUND! Let’s hit it! The play ground is fun, it’s fantastic! Mel-Bell and Mommy and I go there a lot, and I is a great opportunity to see other children burning their energy and letting all that energy collect and collide.

Obviously, it's gonna be different during COVID times, things are slightly adjusted but we will very soon be getting back to a new normal of human interaction!

2:35 Alright, next! A balanced diet! VERY important. A balanced diet means yes, you can eat sugar, you can eat cookies and cake if you want to sometimes, but BALANCE means not too much. I recommend sweets twice a week. Then you have your fruits and your vegetables, your healthy fats, and you are drinking lots of water, and you're taking your walks! Mmmm! Balanced diet! A balanced diet is super helpful in regards to this Family Wellness Plan.

3:06 Alright, next – FAMILY FITNESS CONTEST! Now I want you to imagine, you have your stop watch – you're setting it for a minute – who can do the most push ups in a minute? Who can do the most sit ups in one minute? How many jumping jacks can you do in one minute? And let's log it! And for you competitive families – that's probably really fun for you! So you've got that! You've got your family fitness contest!

3:37 Next, playing catch or dribbling the soccer ball – getting outside and doing those activities - throw the ball, I do that a lot with my son – it gets him out there, it gets me out there – it's a good interaction, and we're also going to play Flag Football in the Spring together, our first time playing together.

3:53 And last, but not least – talk with your family doctor! Always talk with your family doctor. Always, always, always! Talk with your family doctor, know what's going on, go for your check ups, listen to what they are saying. Also – do your own research! This way, you stay educated, and you level up your understanding with regards to how your body is, how your children's bodies are, what you need to be putting into your body and how it is responding and what those metrics look like.

4:23 Alright, there you have it, ladies and gentlemen! You have your Family Wellness Plan! Let's go over it again! You've got your family walks, Dance party, yard work, Playground, Balanced diet, Family Fitness Contest, Playing Catch or dribbling the soccer ball, and Talk with your family doctor. There is your family wellness plan. Ladies and gentlemen, God bless – love yourself, and love your family! Peace!