



6 Steps for the Whole Family to be Healthy

Making time for a healthy lifestyle can seem overwhelming. But the good news is that making a few small lifestyle changes can lead to heart-healthy habits that require little thought or effort.

Get creative and work heart-healthy habits into your family's life and daily schedule.

Whether you're a single parent or married, a stay-at-home parent or working, here are ways to make more time for the whole family to be more heart healthy:



1. Identify free times for activity.

Keep track of each family member's daily activities for one week. You'll get a snapshot of when you might be able to get the family together for physical activity. It can also help you see which activities you can cut back on.

Pick two 30-minute and two 60-minute time slots for family activity time. Weekdays are usually better for 30-minute activities and weekends are better for 60-minute activities. Try to spread out the time slots. Here are some ideas to get your kids moving that parents can join in.

2. Plan a weekly menu and prep your meals.

Keep track of how many times you grab food on the go for one week. Once you find blocks of time when you can do a little planning, it'll be easier to learn healthy preparation methods and fix healthy snacks while also using shelf-stable foods.

3. Simplify your family's schedule.

In today's society we're expected to do it all. But this type of non-stop lifestyle isn't sustainable or healthy. Try prioritizing your activities and see what you can do without, so you'll have more time for the things that matter. You can also work on ways to manage stress.

4. Take baby steps, not giant leaps.

If you're the head of your household, making sure that all the heads and hearts in your home are healthy is a lot to handle. The key is to take baby steps. Getting healthy is a journey; you don't have to do everything at once.

5. Ask everyone in the family to do their part.

Depending on their ages, kids can help prepare healthy meals and help around the house. Treat your family like a team and encourage everyone to work together.

6. Live by example.

We all need to do our best to walk the walk. If we want our kids to eat healthy and exercise, we've got to model that behavior. You're not perfect, but if you're determined and persistent, there's not much that can stop you.

Meet the Team



Toni



Damian



Michael



Sami

Recipe of the Month: Turkey Sausage & Spinach Breakfast Casserole

Directions

1. Spray an 8-inch square baking dish with cooking spray. Put the bread cubes in the dish in an even layer and set aside.
2. Heat the oil in a large non-stick sauté pan over medium heat. Add the sausage and onions and cook, stirring frequently and breaking up the meat with a spatula, until the meat is cooked through, 5 minutes. Add the spinach and cook, stirring occasionally, until wilted, 1 minute. Spread evenly over the bread cubes in the prepared baking dish.
3. Whisk the eggs, egg whites, milk, nutmeg, salt and pepper in a medium bowl. Pour over the mixture in the baking dish. Sprinkle with the cheese. Cover with foil and refrigerate overnight.
4. Preheat the oven to 375F. Uncover the baking dish and bake until a knife inserted in the center of the casserole comes out without a liquid egg on it, 50 minutes to 1 hour. Cut into 6 squares and serve immediately.



Ingredients

- 3 cups cubed whole-wheat bread
- 1 tbsp olive oil
- 8 ounces bulk Italian turkey sausage
- ½ medium yellow onion, thinly sliced
- 4 cups baby spinach
- 3 large eggs
- 3 egg whites
- 1 ½ cups 2% milk
- ½ tsp nutmeg
- ½ tsp salt
- ¼ tsp pepper
- ½ cup grated Gruyere cheese

Active time: 20min

Total time: 1 hour, 20min

Serves: 6 | Serving size: 1/6 recipe

Nutrition: Calories 254; Total fat 12g; Saturated fat 4g; Monounsaturated fat 2g; Cholesterol 125mg; Sodium 651mg; Carbs 17g; Fiber 3g; Sugar 6g; Protein 19g

February is Heart Awareness month. To get yourself more active this year it's time to start focusing on your health. If you have fitness goals you want to fulfill then call Say Fitness, it's never too late to better yourself.

No pressure, no commitment. Call for your first free session with one of our amazing internationally certified trainers! Our facility is following all CDC guidelines for Covid-19 to keep everyone safe. (954) 421-2116

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