

5210 November

FEATURE: Serve screen-free connections during this holiday season



Here's how you can put 5-2-1-0 into action this month:

THE CONNECTION BETWEEN HEALTH & FAMILY TIME:

While on break from work and school, take this opportunity to step away from the screens and make meaningful connections. It starts at home: Did you know these simple and free family activities come with some serious health benefits?

- **Family Meals:** Kids who [eat regularly with their families](#) are more likely to eat fruits, vegetables and whole grains.
- **Family Walk:** Bundle up and take a 30-minute walk to feel the physical, mental and social [health benefits](#).
- **Family Reading:** Reading is key for [brain development](#), plus reading together encourages family bonding.



TIP: Designate a “screen-free” day, where physical activity, reading and spending quality time together is prioritized.



HOLIDAY-INSPIRED CONNECTION IDEAS:

Give Back

Volunteering can help you feel a greater connection to your community. Make a meal for a family in need, donate to a toy or book drive, make tie blankets for a shelter or [find a volunteer opportunity near you](#).

Practice Gratitude

Thanksgiving is a great time to focus on thankfulness. Need some help getting started? Use this [My Gratitude Challenge](#) worksheet from Hy-Vee KidsFit to reflect. Then share your gratitude with family and friends.

Spark Conversations

Serve up meaningful conversation on your holiday dinner table with [Conversation Starters](#) from the Family Dinner Project. It's simple: Print, cut, and place in a bowl. Take turns drawing prompts and answering.



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