



# NOVEMBER

## MAKE TIME FOR YOUR HEALTH AND FAMILY

[IowaHealthiestState.com](http://IowaHealthiestState.com)

[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)

### DID YOU KNOW?

Limiting screen-time can help prevent childhood obesity and spending time with friends and family helps strengthen social connections.

Instead of gathering around the TV or playing video games, plan a board game night, read a book together or cook a meal as a family!



### STRATEGY 5: Limit recreational screen time.

- As a family, take a pledge to take technology off the dinner table during November
  - Turn off the TV and place all phones and tablets in another room.
  - Make screen-free mealtime more engaging with conversation starters and dinner games. Need ideas? Check out the The Family Dinner Project!



### RECONNECT WITH FAMILY OVER THE HOLIDAYS

Shut off the TV and get creative with more fun family activities and go online to find even more ideas!

- Play cards
- Go bowling
- Handwrite a letter to a family member or friend
- Look through your fridge and make new healthy recipes, then try them out!

### 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 with **Volunteer Iowa!**



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