



Family Fun Workshop #1

Get Moving and Rethink Your Drink

Goal

Using Motivational Interviewing (MI, see link below) participants will be encouraged to incorporate more physical activity into their daily lives. Additionally, participants will understand that many beverages contain high amounts of added sugar. Participants will be encouraged to drink more water: plain or fruit infused.

Objectives

Participants will

- Participate in at least one physical activity that they can recreate at home.
- Discuss the role physical activity plays in their lives.
- Discuss the role screen time plays in their lives; discuss the connection between screen time and physical activity.
- Discuss the impact that sugar-sweetened beverages can have on health.
- Discuss the importance of water.
- Make and taste infused water.

Key Talking Points

- Staying active as a family is fun, easy, and free.
- Children aged 5 and older should be physically active for at least one hour every day.
- Children can be more active when screen time is limited to less than 2 hours a day.
- Adults should be physically active for at least 150 minutes per week and strength train at least 2 times per week.
- Water is inexpensive, healthy, and delicious. Drinking water can provide many health benefits and can help limit sugary beverage intake.
- High sugar drinks take away a child's appetite for healthy foods.
- Sugar provides empty calories, but none of the vitamins and minerals children need to grow well.



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Materials

- A bin of socks, washcloths, scarves, etc.
- Painter's tape
- Paper plates
- Plastic knives, forks, spoons, cups, etc.
- Common high-sugar drink containers with nutrition labels
- Sliced cucumbers
- Sliced oranges
- Pitcher of water
- Nutrition education reinforcement item (NERI) - optional Move and Memorize Cubes (link below)

Introduction

- Parents sign in as they arrive.
- Introduce yourself. Tell participants what you are going to do/cover during the workshop.
- Ask participants to introduce themselves. Use an icebreaker activity. Example: Share one thing the family likes to do together that gets them moving.

Physical Activity

Modify activities to suit the abilities of the participants.

- Play "Clean the Floor" sock game.
 - Directions: Divide an area in half with painter's tape. Divide the socks (washcloths, scarves, etc.) between the two areas and put them on the floor. Start with an equal number of participants on each side of the barrier. Throw the socks back and forth. The goal for each team is to get all the socks on the other side. Play for about 3-5 minutes. Adapt based on time and participant engagement.
 - Rules: Aim below the shoulders. Keep your movements under control so you do not run into anyone or hit anyone. Stay on your own side. Play within the space provided. Start and stop when the facilitator claps or when the music stops.
 - Modifications: Ask participants to use their non-dominant hands, only throw one sock at a time, hop on one foot as they throw, or jump two times before they throw.
- Play Freeze Dance Game
 - Turn on some fun music and dance. When the music stops, freeze!
 - There are many songs available online. One link is below.

Staying Active as a Family Discussion

- Using MI, guide participants through a conversation around types of physical activities they enjoy with their families that raise the heart rate and explain that raising the heart rate is important for staying healthy and strong.
- Using MI, guide a conversation around the importance of children getting at least 60 minutes of moderate to vigorous physical activity daily and encourage participants to think of creative ways to accomplish this goal, even if not all at once.
- Adults need at least 150 minutes of moderate-intensity physical activity and should perform muscle-strengthening exercises 2 or more days per week.
- Refer to the 'Move Your Way' flyer.
- Using MI, guide a discussion on what gets in the way of being physically active. Allow participants time to share and come up with ways to integrate more physical activity into their family's daily routine.
- Using MI, guide a discussion about how screens (computers, TV, cellphones, etc.) get in the way of being physically active. Discuss screen time recommendations and allow participants to discover that less time in front of the screen allows an opportunity for more time to be active. Ask parents if there are TVs in the bedrooms and if they would consider removing them to encourage more active play and less time in front of the screen.

Infused Water Recipe

- Everyone washes their hands.
- Participants add a taste of cucumber and/or orange to water.
- Using MI, guide a discussion around the water-infused recipe and what people liked and disliked, focusing on how it could be changed/alterd depending on the availability of fruits.

Sugar Sweetened Beverages (15 min)

- Using MI, guide a discussion around why people should limit added sugars.
- Discuss how sugar-sweetened drinks take away a child's appetite for healthy foods.
- Explain that sugar provides empty calories and none of the vitamins and minerals children need to grow well.
- Demonstrate how to read nutrition labels, identify grams of sugar and portion size, and convert them to teaspoons.
- Review sugar demonstrations and discuss areas that surprise participants.
- Emphasize that fruit soda and sports drinks are made to look healthy when they really have similar sugar to soft drinks.

- Discuss that large containers of fruit punch and soda contain a large amount of sugar and can be consumed quickly with no limitation on portion size.

Summary (5 mi)

- Give each participant Family Fun Flyer #1 and spend a few moments going over each of the talking points.
- Distribute NERI (if applicable)

Links

- Motivational Interviewing: <https://motivationalinterviewing.org/understanding-motivational-interviewing>
- Move Your Way Campaign: <https://odphp.health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-kids-and-teens>
- Move Your Way Poster English: [Download the Fact Sheet for Kids \[PDF – 1.9 MB\]](#)
- Greg and Steve’s “The Freeze”: <https://www.youtube.com/watch?v=cPyX68uH3I>
- Move and Memorize Cubes: <https://www.freshbaby.com/product/move-memorize-game/>



Family Fun: Get Moving and Rethink Your Drink



- Staying active as a family is fun, easy, and free.
- Children should be physically active for 1 hour or more a day.
- Adults should aim for is 2 ½ hours a week of a combination of moderate to vigorous activity.
- High sugar drinks take away a child's appetite for healthy foods.
- Sugar provides empty calories, and none of the vitamins or minerals we all need to be healthy.

Water Up!

Recipe for Fruit Water

Ingredients:

- Fresh mint leaves
- 2-3 wedges fresh
- lemon or lime
- ¾ c up water

Directions: Mix ice and water in a container. Add mint leaves and fresh lemon or lime. For a stronger flavor, crush the mint leaves and squeeze the lemon/lime into your glass.

Tip: Try using other flavors like cucumber and lime or ginger and orange slices.



Mix it Up!

- Read the label. Look at the calories, serving size and sugar.
- Choose drinks with little or no calories and sugar. When you do choose a sugary drink go for the small size.
- Drink water throughout the day. Enjoy water with a variety of flavors. Try our fruit water recipe.

Fun with Movement!



Play together at home!

Use the streamer to bring color and movement to activities like dancing. Pretend streamer is extension of arm. Help children create shapes in the air or on the ground.

Tip: Put on some music and take turns choosing the next movement. Some movement suggestions: bend, shake, stretch, jump, sway, kick, twist, or turn.