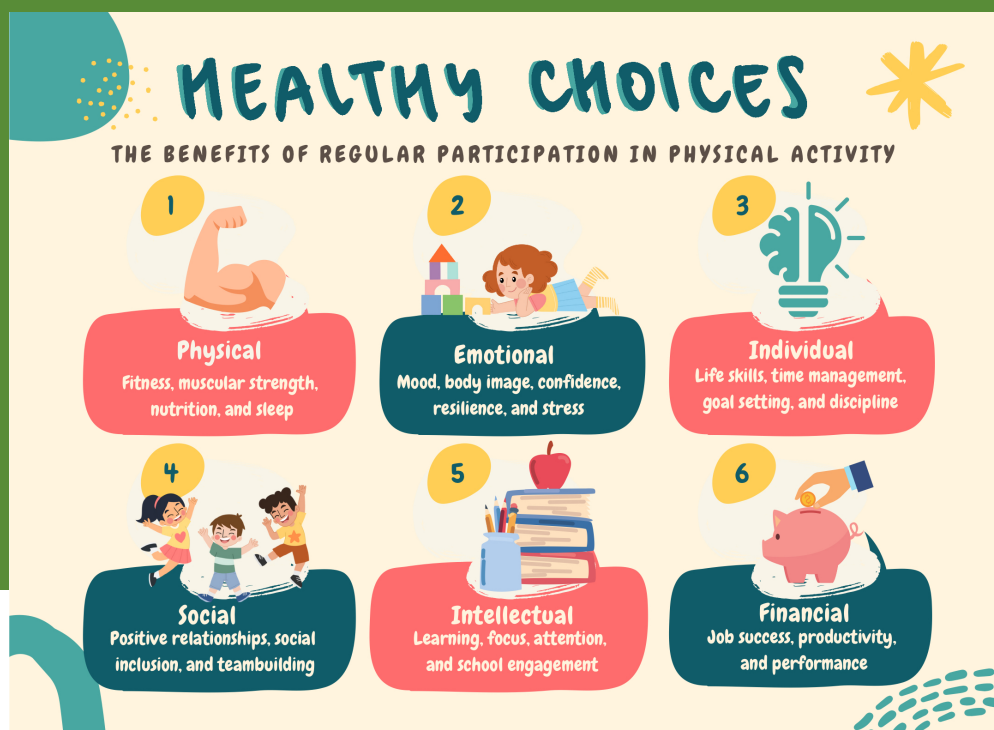


PHYSIOLOGICAL NEEDS

Healthy Choices

Taking Back Control of Your Health and Life



Artwork by Hailey Choi

AUTHOR BIOGRAPHIES

Evilia Jankowski, a nurse with over 40 years of experience, served as a school nurse for 29 years in Arizona and Michigan before becoming Michigan's State School Nurse Consultant. A former President of the Michigan Association of School Nurses, she collaborated with national health stakeholders like the CDC and American Academy of Pediatrics. Her projects include the School Asthma Management Program and School Emergency Triage Training. Evilia emphasizes the importance of standardized training and resources for school nurses in meeting students' needs. She believes this approach ensures children are healthy, safe, and ready to learn, making it an exciting time for school nurses.

What's Evilia's favorite physical activity?

My favorite physical activities include aqua zumba, officiating women's college basketball, swimming, and I have been Jazzercising since 1990!

Dr. Rebecca Hasson is an Associate Professor of Movement Science in the University of Michigan School of Kinesiology. As Director of the University of Michigan Childhood Disparities Research Laboratory, Rebecca uses her expertise in exercise physiology, implementation science, and health equity research to improve the health and well-being of children and their families across the state. She has formed statewide partnerships to change classroom physical activity practices and policies and empower families to practice health behaviors through the common thread of physical activity. Rebecca has made it her mission to get children, teachers, families, and communities across the state of Michigan moving again.

What's Rebecca's favorite physical activity?

My favorite physical activities include running, yoga and zumba classes!

Taking back control

There are times in life when things can feel a bit out of control. Although it's true that many things are outside of our control, there are several things that we can control. What are they? Choices! A choice is "the act of selecting or making a decision when faced with two or more possibilities." We make choices from moment to moment that determine who we become, what we do, and what we experience. Our choices can give us hope for the future or produce regret and despair. They also play an important role in our health. Everyone makes decisions that can either positively or negatively affect their well-being. Take a minute to reflect on some of the choices your family has made over the past year to protect your physical and mental health.

Choosing movement

Being physically active most days of the week is a great choice! Moving in ways that raise your heart rate is one of the healthiest choices you can make. Research shows that regular physical activity prevents disease and strengthens the immune system. So, by choosing to move more, you're improving your health and well-being.

The next three sections of this module give you and your family tips for making healthy choices that include moving together, thinking together, and being together!



MOVE

What motivates people to move more? Researchers have identified three drivers. People are usually motivated to make healthy choices under the following circumstances:

- When they feel they have the knowledge and skills needed to improve their health
- When they can take direct action that will result in real change
- When they have a sense of belonging and attachment to other people

We'll learn more about how to use these motivators in this module. They can help you and your family continue making healthy choices!

Motivator #1: People are motivated to act when they feel they have the knowledge and skills to improve their health.

Did you know that there are many benefits to moving more and playing sports? These benefits are not just limited to physical health. Check out the figure below:

Physical health

- Muscular strength
- Lower blood pressure
- Lower blood glucose
- Motivation for better nutrition
- Better sleep

Emotional health

- Improved mood
- Greater resilience
- A sense of feeling good
- Effective stress management
- Individual health
- Life skills
- Better time management
- Schedules and routines



Individual Health

- Life skills
- Better time management
- Schedules and routines

Social health

- Improved team building and relationship skills
- Better self-regulation

Intellectual health

- Increased focus, attention, and learning

Financial health

- Lower health care costs later in life
- Greater productivity

List of benefits adapted from Bailey R, Hillman C, Arent S, Petitpas A. Physical activity: an underestimated investment in human capital? J Phys Act Health. 2013 Mar;10(3):289-308.

Encouraging physical activity: empowering children to move more inside and outside of school

Schools help your child to be physically active. Kids can be active before, during, and after school. Programs like physical education help kids learn how to be active for a lifetime.

You can support your child's movement at home, too. Try establishing your own family physical activity routine. You can be physically active in the evening, on weekends, and over breaks. When families move more, they gain health benefits together!



THINK

Motivator #2: People feel motivated to make healthy choices, like moving more, when they can take direct action that will result in real change.

So, think about ways to move more as a family every day. The first step in creating a family action plan is knowing your story!

Knowing your story: Lessons from the past

Think for a moment about your family. How far back can you track family members? For how long did you have relationships with members who have since left you? Are you able to track all living family members – grandparents, great-grandparents, aunts, uncles, siblings? What comes to mind when you think about these people? Do you have pleasant memories of them and times you spent together, such as playing, dancing, cooking, or working together?

Are there also some sad memories, such as when family members became ill or couldn't play, dance, or do fun things with you anymore? Did anyone have heart conditions, diabetes, or kidney problems? In the past, we tended to see our parents' health challenges as our inheritance: if our parents had type 2 diabetes, then we were more than likely to have it, too. We simply accepted that. But did you know there are choices you can make to help prevent that outcome?

If you can, take a minute to complete this [Family Health History Tree](#). It can help you consider the choices you'd like to make to help avoid the same illnesses in your family.

Whether you know your family history or not, here is an area where you have some control. By focusing

on being physically active, you can change the story under your name on the family tree! Making movement a family goal will also help your family change their health outcomes; you can better avoid chronic health conditions that might have kept other family members from doing the things they loved.

Sometimes we get an illness that we can't prevent. Physical activity can improve the symptoms of many chronic conditions. Plus, physical activity will better prepare you to fight off sicknesses like the flu or common cold. Take charge of your health today by incorporating movement into your daily life!



Writing your story: Changing the future

So how can you know if you and your family are ready to make the change to move more? Take this three-question quiz to see. You also have the option to retake and modify the quiz to evaluate your readiness to increase physical activity.

1. In a typical week, how many days do your kids engage in physical activity for 60 minutes or more? Circle your answer.

ZERO ONE TWO THREE FOUR FIVE SIX OR MORE

If you answered between ZERO and FOUR, go to Question 3.

If you answered FIVE or SIX OR MORE, go to Question 2.

2. For how many months have your kids been getting 60 minutes of physical activity five or more days per week?

- Fewer than six months ("They have started to change")
- Six months or more ("They've changed")

If your children have been active for fewer than six months, congratulations on starting a change! What is your plan to keep them motivated?

If your children have been active for six months or more, congratulations – keep going! You can skip Question 3.

3. Do you think your kids will start doing 60 minutes of physical activity five or more days a week in the next six months?

- No, and they don't intend to in the next six months. ("They don't need to change")
- Yes, they intend to in the next six months. ("They might change")
- Yes, they intend to in the next 30 days. ("They will change. Really!")

Your answers to these questions can help you figure out if your family is ready to start moving more. Use the tips in the following table to help your family move more.

Willingness to Change	Tips for Making the Change
"We don't need to change"	Need more proof that movement is medicine? Check out this 9-minute video by Dr. Mike Evans .
"We might change"	Make a list of the pros and cons of moving more. Identify any obstacles that are making it difficult for your family to change.
"We will change. Really!"	Goal setting is a great first step towards making a change. Start small and then increase over time. And don't forget to write down your goals!
"We have started to change"	Reward your successes; revisit your goals and update them as needed.
"We've changed"	Keep adding more movement into your family's life.

Source: Prochaska JO, Velicer WF. The transtheoretical model of health behavior change. Am J Health Promot. 1997 Sep-Oct;12(1):38-48.

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Knowing yourself: What are your family's favorite physical activities?

Is your family in the “We might change” or “We will change. Really!” stage? If so, then it's time to create a family physical activity action plan. First, ask your family what their favorite physical activities are. This is an important step in making your action plan. Start putting together a list; maybe you'd all enjoy a family walk after dinner, where you talk about your day. Or perhaps everyone could make a friendly competition out of an active video game. You might play basketball together at the park. Everyone in the family can have a chance to pick their favorite activities from the [InPACT at Home](#) Healthy Choices Activity Challenge Calendar. Assembling a list will let everyone have input into the plan. Once you've finished the list, you can decide as a family what your plan will include.

It will then become part of your routine as a family.

Some family members may have tried a new activity in the past that didn't go well. Maybe they felt discouraged or even embarrassed, whether because of low fitness levels, poor body image, or being teased. Maybe they didn't have a plan. Or the activity simply might not have been fun. Make sure that moving together is based on having a plan and having fun! One of the best predictors of staying active is enjoying it.





Motivator #3: People are motivated to make healthy choices when they have a sense of belonging and attachment to other people

Knowing your community: What are the available options?

It's important to be aware of safe opportunities for physical activity in your community. That information can help you create a family action plan to move more. Not all communities are the same, and not all neighborhoods have safe spaces where you can be active. So, to start, think about where you live. Do you frequently see children playing outside? Are there sidewalks, crosswalks, bike lanes, and streetlights? If so, then you live in a “walkable” neighborhood. If you aren't in a walkable neighborhood, are there other safe spaces to be active? Have you ever explored your community resources? Many places have community centers that offer use of facilities such as community pools, tracks, parks, gyms, or fitness centers. Local school districts often have open gym nights or access to school playgrounds or ball fields. Some fitness businesses hold free introductory events where families can join at discounted rates. City and county parks have playgrounds and frequently conduct special events to attract families. Did you know that [Michigan](#) is home to 74 state parks, 12 state forests, and 5 national parks? You can find a nearby city park at the [Michigan Recreation and Park Association](#) website. Also, in Michigan, we have access to the Great Lakes as well as many recreational inland lakes. Make sure your family is [safe when around or swimming in water](#).

If moving more in your neighborhood is not an option and you don't have a park or recreation center close by, then the [InPACT at Home exercise videos](#) may be the perfect solution to get your family moving. These workout videos provide fun, easy ways to do short workouts with little to no equipment in the comfort of your own home. You'll be surprised what these moments of movement can do for you and the rest of your family.



As a parent or caregiver, there are many ways you can support your child with physical activity. Check out the options below:

1. **Emotional support:** Encourage your child to be physically active. Talk to them about the activities they enjoy, and watch them do physical activities. Praise them when they complete an activity.
2. **Logistical support:** Help your child get to activities, and make sure your child has the equipment needed to participate.
3. **Informational support:** Give your child positive and helpful feedback. When you can, provide instructions on how to do a physical activity, such as playing baseball.
4. **Co-participation:** Be physically active with your child. Sign up for activities with your child when you can.

Involvement is crucial to your child's success. By being involved, you'll help build your child's motivation and confidence. Moving more together will improve your relationship with your child and you'll be supporting their learning, development, and health.





Getting started: Moving together at home and in your community

Here are some realistic, safe options for moving more in your home and community:

- If your family has a safe trail or route, go for a walk! Walking is the most common one across every age group.
- [InPACT at Home](#) exercise videos can help you move more indoors. Start by watching one video before dinner. To view these videos on television, find your local public broadcasting station.
- Create a chore chart with rotating tasks. Chores like sweeping and mopping count towards your activity minutes.
- If you live in an apartment building, put on your headphones and climb some stairs.
- Whether your child is younger or older, there are many indoor activities that you can do together to move more. Make family game time active. Activities like “Head and Shoulders, Knees, and Toes,” “Simon Says,” and others will help young children learn as they MOVE.
- Movement games like “Twister,” “Red Light, Green Light,” “Red Rover,” and others can keep everyone laughing, which is also a healthy behavior.
- Hold a family dance night where you dance to each family member’s favorite song or learn a new dance together, like line dancing, the Cupid shuffle, the cha-cha slide, or even square dancing! The more your child sees you move, the more they will MOVE.

What if my family encounters a setback? We started exercising and then stopped!

What happens when you or your child skip a day of movement and then that day turns into a week, a month, or multiple months? Don't worry; we've all been there. Missing one day of movement isn't the end of the world. But if you and your family continue to find reasons not to exercise, or if someone experiences an injury that prevents them from being active, then you all could be at risk of reverting back to an inactive lifestyle. Check out the suggestions below to help prevent activity relapse.

1. Retake the "willingness to change" quiz on page 25.
 - If you're in the "We don't need to change" stage, remind yourself of the benefits of exercise. Your family started exercising for a reason. Reconnect with your "why"!
 - If you're in the "We might change" stage, take another look at the issues that are preventing your family from moving more. Develop a plan to overcome those obstacles.
 - If you're in the "We will change. Really!" stage, set goals based on your family's current activity levels.
2. Find a new hobby that involves movement; it's another great way to get back on the activity wagon. Figure out how to make your family activity routine more fun.
3. Finally, find small windows of time to increase your movement. Research shows that moving for as little as one minute at a time can have numerous mental and physical health benefits.





Live in a way today that will help you thrive tomorrow!

Take a moment to watch this [one-minute video](#) and ask yourself what the last 10 years of your life will (or might) look like. The video goes on to ask you a series of questions: “Will you be quick enough for a game of tag with your grandchild? Strong enough to embrace every moment? Will you grow old with vitality or get old with disease?” It’s time to decide. By choosing to move more, you and your family can take a big step towards improving your health and well-being. You can even change your future!

Now it’s time to practice the skills that you’ve learned in this module. To get started, take the 20-day InPACT Healthy Choices Activity Challenge.

20-day InPACT Healthy Choices Activity Challenge

The 20-day challenge is designed to improve your family's ability to make healthy choices. Research indicates that it takes 21 days to develop a habit and more than 90 days to create a lasting lifestyle change. Our goal is that after finishing the 20-day Healthy Choices challenge, your family will persist with the most beneficial activities until they become enduring and positive habits.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1 Welcome to the Health Choices Challenge! Each day this week, try out a new type of movement by completing the video or activity listed!	Prepare for the month of activity ahead by completing this Range of Motion Workout as a family.	Practice your balance and strength skills with this video focused on Yoga and Stretching .	Enjoy some relaxing activity with your family by completing this Pilates/Yoga Strength and Conditioning Workout .	Complete this Family HIIT Workout . Afterwards discuss what the hardest move was for each of you!	Get ready to perform and complete this <i>Frozen</i> -themed Dancing and Karaoke video.
Week 2 Continue working out and bonding as a family this week with the listed videos and activities!	Start the week off strong with this Family Workout .	Work on your flexibility today with a workout focused on Stretches and Exercises .	Work on your lower body strength by completing this Leg Day Workout as a family.	Do some fun stretching as a family with this Gymnastics Warm-up and Stretching video.	Get your family together for a family game night and play Fitness Monopoly .
Week 3 This week, you get to choose which activity you do each day! Try to agree on one as a family or try out both options.	Choose one of the following: Kickboxing video Or Arm Circuit video	Choose one of the following: Power Punching Or Fitness Drumming	Choose of the following: Soccer Skills Or Ball Handling	Choose one of the following: Movement Flow Or Coach Says	Choose one of the following: Full Body Workout Or Cha Cha Slide
Week 4 For the final week, you get to pick the activities! Choose a family activity for each day within the category specified and have fun!	Choose an upper body activity to complete as a family.	Choose your own family yoga poses. Pick some favorites you've previously done or try out some new poses together!	Choose your own family leg or lower body focused activity to complete.	Choose your own family cardio activity. Try out a long walk, playing a game outside, or even having a competition!	Choose your playlist for a family dance. Then have some fun by having a dance party to the songs you choose!