Health and Wellness
Resource Guide

Ideas to keep your family healthy and active together

Boston Children’s Hospital
Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program
Have Fun Together!

The Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program is an educational program and public awareness campaign that makes it easier for families to be healthy and active with their children. Kohl’s has generously supported this initiative through the Kohl’s Cares® program. Kohl’s sells kid-friendly merchandise and 100 percent of the net profit benefits children’s health and education initiatives.

The program is conducted in collaboration with the Boston Public Schools to promote healthy messages to families through educational events. Over the past three years, the program has been implemented in 64 schools and reached more than 23,000 children, parents and caregivers. Each school develops its own event based on the interests of students and families. Activities include everything from cooking demonstrations, yoga and Zumba lessons to stress management techniques.

The public awareness campaign features local families who share their personal stories and appear in advertisements that feature them being active together. The campaign also includes a Facebook page and website to learn more about physical activities, wellness tips and recipes.

Visit KohlsHealthyFamilyFun.org for more information.

Find the Fun!

KohlsHealthyFamilyFun.org features a database where families can search for neighborhood resources and activities.
Meet the Walker Family

The Walkers have fun staying active together. This family from Dorchester takes full advantage of all “Dot”—and everything nearby—has to offer.

Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program took photos of the the Walkers at the Martin Playground, where 6-year-old Gavin loves climbing the rock wall (and anything else he can possibly climb!). The Martin Playground has fabulous play equipment, and just across the street is the Neponset River Reservation, where lovely walking/biking paths line the river. The Walkers enjoy walking and biking along the path, and the kids sometimes bring their scooters.

During the summer, Gavin and his sister Elise, age 8, participated in the YES (Youth Enrichment Services) track and field program at Moakley Park. YES offers programs year-round (yeskids.org/programs) that not only introduce children to sports and outdoor activities, but also help them build leadership skills. Elise also has tried Dot Art (dotart.org), which offers classes for kids ages 3 to 10 in painting, drawing, sculpture, collage and mixed media.

Both kids also have played with the Dorchester Youth Soccer Club (dyssoccer.com). Soccer is a skill and interest they might have gotten from their dad, Randal, who once played with a traveling soccer league. Gavin and Elise love to swim, and the whole family enjoys the pool at the new South Shore YMCA Quincy (ssymca.org/quincy/). Mom, Annette, likes to walk for exercise and everyone enjoys hiking in the Blue Hills (mass.gov/), including the family dog.

The children attend the Boston Public Schools’ Mather School—a local treasure. Did you know that the Mather was the first public elementary school in the country?

Walker family photos by Gretchen Ertl.
Cover: Randal and Gavin
Top left: Gavin and Elise
Top right: Annette and Elise
Bottom left: Students at the Trotter School in Dorchester at a Kohl’s and Boston Children’s Hospital’s Healthy Family Fun event.
Photo by Darren McCollester.
Move Together!

Here are some games to try with your family. These games are recommended by Playworks, a community organization helping to create safe opportunities for children to play. For more games and ideas, visit playworks.org/playbook/games.

Dance Freeze

Before You Start:
• Find an open area free of obstacles.
• Have the radio or music ready with an appropriate station or kid-friendly selection.

How to Play:
• In this activity, everyone dances as the music plays.
• When the music stops, each player must freeze immediately and hold that position until the music begins again.
• If a player does not immediately freeze, they are “out” and must do 10 jumping jacks when the music begins again.

Sardines

Before You Start:
• Find a large, safe play space that has places to hide.
• This is a great game for five or more players.
• Make sure everyone understands the importance of safety.

How to Play:
• One player hides.
• The rest of the group counts (you can decide what number to count to) and then splits up and looks for the player who is hiding.
• When a player finds the hidden person, they join the player hiding.
• The game is over once everyone is together like sardines in the same place.
• The first person to find the hidden player is the first to hide in the next round.
Before You Start:

• Find a large and safe play area with enough room for everyone to run around.
• Demonstrate safe tagging: a light touch like butterfly wings on the shoulder.
• Explain unsafe tagging: hard contact that might cause a person to fall.
• Assign each player to be a different animal.
• Have each person practice their animal sound.

How to Play:

• The goal is to turn everyone into the same animal.
• Begin with everyone running around, trying to tag someone and avoid being tagged, and making their own animal noise.
• Once a player is tagged, that player becomes the animal of the person that tagged them.
• The game continues until everyone is the same animal.

Before You Start:

• Find a large, safe play space.
• Decide upon a finish line.
• Decide upon the player giving the commands.

How to Play:

• The player giving the commands should call out any command found on a remote control.
  
  Play = walk toward the finish line  
  Fast Forward = run to the finish line  
  Rewind = move backwards  
  Pause = freeze  
  Slow Motion = move slowly  
  Power Off = crouch down  
  Power On = stand up  

• Players must react to the commands called.
• The goal is to make it all the way to the finish line.
• When a player makes a mistake they must do 10 jumping jacks to re-enter the game.
Quick Breakfast Tacos

Ingredients
4 small whole-wheat tortillas
2 tablespoons salsa
4 tablespoons shredded reduced-fat cheddar cheese
4 eggs, beaten
½ cup chopped green pepper
1 tablespoon canola oil

Directions
Sprinkle tortillas with cheese. Heat in the microwave until the cheese is melted, about 15 seconds. Meanwhile, coat a small nonstick skillet with cooking spray. Heat skillet over medium heat and add oil and green pepper. Cook for about 5 minutes until green pepper is soft. Add eggs and stir until the eggs are cooked through. Divide the scrambled eggs between the tacos and top with salsa.

Serves: 2

Quick tip: Swap out the green pepper for your favorite veggie. Try it with broccoli, spinach or onion!

Recipe courtesy of The Smart Cooking Cookbook

Whole-Wheat Pizza

Ingredients
1 ready-to-bake whole-wheat pizza crust (10 inches in diameter)
½ cup pizza sauce
1 cup shredded part-skim, low-moisture mozzarella cheese
1 cup sliced mushrooms or any vegetables you prefer as a topping

Directions
Preheat oven to 400° F. Spread pizza sauce on crust. Spread cheese on top of the sauce. Sprinkle sliced mushrooms or other vegetables on top of the cheese. Bake approximately 15 minutes. Cut into 6 slices.

Serves: 3

Recipe courtesy of Garlic Girl
Sandoodle Snackers

Ingredients
1 large apple
2 tablespoons raisins
2 teaspoons creamy peanut butter

Directions
Core the apple and slice into at least 8 slices. Spread a thin layer of peanut butter on one side of an apple slice. Sprinkle with a few raisins, and then top with another apple slice.

Serves: 2

Recipe courtesy of KohlsHealthyFamilyFun.org

Quick tip: You can use soy nut butter as a peanut butter alternative.

Every Shade of Green Salad

Ingredients
1 head romaine lettuce, washed and torn
1 bunch spinach, washed and torn
(or 1 5-ounce bag fresh baby lettuce)
1 small cucumber, washed and chopped
½ cup green beans, cut into 1-inch pieces
¼ cup diced celery
½ avocado, chopped
16 green grapes
¼ cup low-fat ranch dressing

Directions
Put the lettuce, spinach, cucumber, green beans, celery, avocado and grapes in the salad bowl and toss well. Add the ranch dressing and toss again. Serve right away.

Serves: 4

Recipe courtesy of Chop Chop Magazine
Stay Healthy Together!

1. **Start early.** Introduce young children to healthy foods to encourage healthy habits for a lifetime. Involve children in shopping and cooking to make it fun.

2. **Eat by color.** Eat five or more servings of fruits and vegetables every day. Fresh fruits and vegetables in green, red and orange will provide great nutritional value.

3. **Remember breakfast.** Breakfast is the most important meal of the day. Whole-grain cereals, yogurt and fresh fruits are easy to prepare and will start the day off right.

4. **Eat at home.** Prepare meals at home rather than eating out. Pack healthy snacks and water to avoid fast food and vending machines.

5. **Enjoy meals as a family.** Whenever possible, eat meals together as a family and at a table—children will be more likely to eat healthy foods.

6. **Choose healthy drinks.** Limit sugar-sweetened beverages such as soda, sports drinks and punches. When possible, drink low-fat milk, water or sparkling water with a fruit slice.

7. **Sleep is important.** Ideally, children should get 9–10 hours of sleep per night. Regularly getting a good night’s sleep is important to help maintain a healthy weight.

8. **Unplug your devices.** Limit screen time (TV, computers, phones and tablets) to two hours per day. Keep the television out of a child’s bedroom.

9. **Get moving.** Aim to get at least one hour or more each day of physical activity. Find physical activities that the whole family can enjoy. Visit KohlsHealthyFamilyFun.org for ideas.

10. **Involve the whole family.** Eating right and getting physical activity can be fun for the whole family. Parents are the best role models to teach their children how to be healthy and active.

The Kohl’s and Boston Children’s Hospital’s Healthy Family Fun Program makes it easy for families to get active and stay healthy. For more info, find us on Facebook or visit KohlsHealthyFamilyFun.org/schools

Boston Children’s Hospital
Office of Community Health
300 Longwood Avenue, BCH 3173
Boston, MA 02115
617-919-3055