# Making the Most of Your Environment

Childhood Disparities Research Laboratory

**We all already know that we should EAT BETTER and MOVE MORE, but we also probably realize that sometimes our environments, local communities, and lifestyles can make that hard. Here are a few easy ways to improve health for any budget or lifestyle.**

## Did you know?

In the last 40 years active transportation to school has decreased by 1/3. And yet, one study showed that 100% of children who walked to and from school reached their recommended physical activity levels for the week!

## Before and After-School

Consider alternative means of transportation.
Look into joining a local Walking Bus program or creating your own walking or cycling group!

Find out more at http://www.walkingschoolbus.org/

Join an after-school sport or play program.
Check out http://www.afterschoolalliance.org/ for tips on finding a program near you.

A study out of Cambridge University reveals that the people who cooked at home the most had the best health outcomes at the end of 10 years

## Healthy Eating

Make cooking a family activity to split up the work and maximize movement

Find a garden near you at www.communitygarden.org or a Farmer's Market at www.localharvest.org. These alternatives are often fresher, cheaper, and more convenient!

By using low-fat or low-sugar ingredients and reducing junk food purchases, you can save money and calories.

It's no secret, technology is a huge part of our everyday life, especially for kids. In fact 77% of kids and teens have personal cell phones and 95% are regularly online! But that doesn't have to limit their activity. Use it to your advantage!

## During Downtime

Find free yoga or other fitness demonstrations online

Try the BeFIT series on youtube or go to www.doyogawithme.com

Dance along to a music video online

Download fun (often free) fitness or nutrition apps on phones or tablets

For free diet plans and nutrition information, try www.myfitnesspal.com or www.sparkpeople.com.